



THE PROMISE

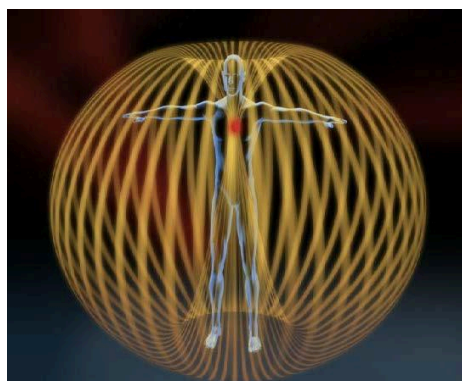
OSTEOPATHY'S PROMISE TO CHILDREN

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

Rule of the Artery 1

Course Director:

Michael Solano, B.Sc, Dip.Ed, BAppSc (Osteo)



Core Faculty (in chronological order)

Michael Solano, B.Sc, Dip.Ed, BAppSc (Osteo)
Catherine McDonald, BAppSc (Osteo), BSc. (Osteo)
Katherine Gill, MD
Orianne Evans, DO (UK)
R. Paul Lee, DO, FAAO, FCA
Alistair C. Moresi, BSc. (Osteo)
Ilene M. Spector, DO, FCA

Instructional Format

Live, in-person training with lecture and lab format

Date: May 4-6, 2024
Time: 8:00 AM to 5:30 PM PDT
Cost: \$1500, register [here](#).

Note: Each course registrant will receive a copy of the book, “Osteopathy in the Blood,” when the book is published (which may be after the course occurs). Updates on book publication dates will be announced at the course.

Location: [Osteopathic Center San Diego \(OCSO\)](#)

CME: Maximum 24 hours AOA Category 1-A CME credits (anticipated) provided by Osteopathy's Promise to Children. This program qualifies for AOA Category 1-A credit under an exemption approved by the “Bureau of Osteopathic Education of the American Osteopathic Association. Our courses allow the participant to ask questions of the presenter in either real-time.

Lodging

[Hilton Garden Inn Mission Valley/Stadium](#)

3805 Murphy Canyon Rd, San Diego, CA 92123
Hotel booking link tba

CME Sponsor

Osteopathy's Promise to Children

Activity Website

<https://promise.ce21.com/>

Course Description

This course involves the investigation of the heart and vasculature and the fluid dynamics of the blood and explores the interface between the heart, the primary respiratory mechanism and the autonomic nervous system. Study of the cardiovascular system leads to the consideration of the heart as more than a pump. This course explores the concept of the heart as a hydrodynamic and electromagnetic generator, qualities which are then imparted to the blood. The role of the heart in the integration of mind, body and spirit is also considered. “This course developed from the desire to understand what it was that Dr. Still was talking about and what he was doing in his clinical practice. It led into an exploration of the first principle of Osteopathy as described by Dr. Andrew Taylor Still, ‘The Rule of the

Artery is Supreme.’ “Thus we find the heart to be the mother of all...” Dr. Andrew Taylor Still

Ratio of faculty to students in labs for this course will be 6:1.

If you have any questions about this educational program, please email us at cme@the-promise.org or call our office at 619-548-8815.

Professional Practice Gap

The ROA 1 program seeks to expand on Dr Still's principles regarding circulation. Dr Still wrote about the importance of the arterial supply and emphasized venous drainage as a source of renewal in the tissues. Osteopaths also regard an imbalance of the autonomies as a source of disease. The heart and vessels mediate the neurovascular and neuroendocrine activity of the autonomies. Understanding the functions of the heart and vessels will help the OMM practitioner understand ways in which intervening with OMT has the potential to restore homeostasis.

The ROA 1 program examines the use of the heart and vessels as functional fulcrum in the treatment of pain, somatic dysfunction, and disease. The perception and palpation of the osteopathic practitioner will be extended to experience the forces of flow. The biphasic metabolic respiratory movements of the tissues are related to the response of the vessels to the metabolic gradients and the vascular component of the PRM is explored.

The function of the heart is reviewed in relation to the biophysics of flow and communication. The heart exerts biomechanical influences on the developing embryo, and these morpho-kinetic forces and vectors are present in the adult functions and provide fulcrum for the restoration of function.

The heart is more than a pump, and its role in health and disease is expanded upon. The physiology of circulation IN HEALTH is demand- driven. The heart responds to tissue activity.

* This is OMM/OMT/OPP activity and as such is part of the profession and exempt from the AOA practice gap analysis requirement.

Educational Need

The activity will address osteopathic clinicians' needs to improve knowledge, competence and/or performance for treating systemic disorders related to circulation by leveraging the principles of osteopathic medicine.

There has accumulated a body of research on the physiology and biophysics of circulation. Important to practitioners of OMT are the mechano- transductive forces of flow. Mechano-transduction is how cells sense, integrate and convert biomechanical signals that result in inter- and intracellular changes. This provides valuable insight into the efficacy of OMM and helps the practitioner understand WHY the treatment they provide has therapeutic efficacy.

Osteopaths will ask themselves different questions when examining somatic dysfunction. Is there a problem with the tissues themselves being unable to metabolize normally because of infection or disease? Are the tissues able to metabolize normally and receive the nutrients they need? Is there a problem with supply? Poor absorption in the gut or poor diet choices? Are the vessels carrying the nutrients compromised by trauma or disease? Is the disturbance to the blood supply nearby or distant from the tissue? Is the area congested and unable to drain and therefore unable to renew itself? Is the compromised drainage nearby or distant? An excellent example is the left renal vein compromise, also known as nutcracker syndrome or phenomenon.

Desired Outcomes

The ROA principles will expand the Osteopath's scope of practice. The palpatory and perceptual skills will be guided to utilize the heart and vessels as functional fulcrums in the diagnosis and treatment of somatic dysfunction.

Evidence-based Resources

1. Pollack, Gerald H., The Fourth Phase of Water: Beyond Solid, Liquid and Vapor, Edgescience #16, November 2013, page 14-18.
2. DeSesso, J.M., Vascular ontogeny within selected thoracoabdominal organs and the limbs, Reproduce Toxicol (2016), pages 3-20.
3. McCaig, Colin D., Controlling Cell Behavior Electrically: Current Views and Future Potential, Physiol Rev 85: 943–978, 2005, 943-978.
4. **EXPLORING THE EFFECTS OF OSTEOPATHIC MANIPULATIVE TREATMENT ON AUTONOMIC FUNCTION THROUGH THE LENS OF HEART RATE VARIABILITY.**
Carnevali L, Lombardi L, Fornari M, Sgoifo A. Front Neurosci. 2020 Oct 7;14:579365. doi: 10.3389/fnins.2020.579365. eCollection 2020.PMID: 33117124
5. **DOES OSTEOPATHIC MANIPULATION TREATMENT INDUCE AUTONOMIC CHANGES IN HEALTHY PARTICIPANTS?**
Cerritelli, F., Cardone, F., Pirino, A., Merla, A., and Scoppa, F. (2020a). *Front. Neurosci.* 14:887. doi: 10.3389/fnins.2020.00887
6. **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**
Cerritelli, F., Carinci, F., Pizzolorusso, G., Turi, P., Renzetti, C., Pizzolorusso, F., et al. (2011).. *J. Bodyw. Mov. Ther.* 15, 68–74. doi: 10.1016/j.jbmt.2010.03.005
7. **THE EFFECTS OF THORACIC MANIPULATION ON HEART RATE VARIABILITY: A CONTROLLED CROSSOVER TRIAL**
Budgell, B., and Polus, B. (2006). *J. Manipulative Physiol. Ther.* 29, 603–610. doi: 10.1016/j.jmpt.2006.08.011
8. **SINGLE OSTEOPATHIC MANIPULATIVE THERAPY SESSION DAMPENS ACUTE AUTONOMIC AND NEUROENDOCRINE**

RESPONSES TO MENTAL STRESS IN HEALTHY MALE PARTICIPANTS.

- Fornari, M., Carnevali, L., and Sgoifo, A. (2017). *J. Am. Osteopath. Assoc.* 117, 559–567. doi: 10.7556/jaoa.2017.110
9. **OSTEOPATHIC MANIPULATIVE TREATMENT AND ITS RELATIONSHIP TO AUTONOMIC NERVOUS SYSTEM ACTIVITY AS DEMONSTRATED BY HEART RATE VARIABILITY: A REPEATED MEASURES STUDY.**
Henley, C. E., Ivins, D., Mills, M., Wen, F. K., and Benjamin, B. A. (2008). *Osteopath. Med. Prim. Care* 2:7. doi: 10.1186/1750-4732-2-7
 10. **EFFECT OF CRANIAL OSTEOPATHIC MANIPULATIVE MEDICINE ON CEREBRAL TISSUE OXYGENATION.**
Shi, X., Rehner, S., Prajapati, P., Stoll, S. T., Gamber, R. G., and Downey, H. F. (2011) *J. Am. Osteopath. Assoc.* 111, 660–666.
 11. **OSTEOPATHIC MANIPULATIVE MEDICINE IN THE TREATMENT OF HYPERTENSION: AN ALTERNATIVE, CONVENTIONAL APPROACH.**
Spiegel AJ, Capobianco JD, Kruger A, Spinner WD. *Heart Dis.* 2003 Jul-Aug;5(4):272-8. doi: 10.1097/01.hdx.0000080718.70719.88.PMID: 12877760 Review.
 12. **ACUTE AND TIME-COURSE EFFECTS OF OSTEOPATHIC MANIPULATIVE TREATMENT ON VASCULAR AND AUTONOMIC FUNCTION IN PATIENTS WITH HEART FAILURE: A RANDOMIZED TRIAL**
Fellipe Amatuzzi PhD **Journal of Manipulative and Physiological Therapeutics** Volume 44, Issue 6, July–August 2021, Pages 455-466

Educational Learning Objectives

Andrew Taylor Still, MD, DO, the founder of Osteopathy, made the pronouncement, “The rule of the artery is universal.” His student, William Garner Sutherland, DO said, “The rule of the artery is supreme; the CSF is in command.” This course, developed by osteopaths in Australia and New Zealand, seeks to teach these principles and the requisite skills for Osteopaths to

evince these truths using osteopathic palpatory diagnosis and treatment.

At the conclusion of this activity, learners will be able to:

1. Learn to use the ROA 1 principles and applications to examine the blood supply and venous- lymphatic drainage. In areas of localized somatic dysfunction and when treated systemically, the relationship of the somatic dysfunction to the circulation is applied. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
2. Learn how to palpate the flow of blood in the heart and arteries. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
3. Identify the quality of spiral flow and turbulent flow. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
4. Learn about the embryology and anatomy of the cardiovascular system. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
5. Learn about the routes of venous return and the quality of that palpated blood flow. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
6. Deepen their understanding of the anatomy of the lymphatics and palpating that flow. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
7. Learn about the anatomy of the heart, lungs and mediastinum. (Osteopathic Principles and Practice, Medical Knowledge and

Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

8. Be Introduced to the concept that the heart is a generator, the brain a battery, and the autonomic nervous system the intermediary. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

Recommended Reading, Additional Resources and Related Products

See all 24 articles/sources as handouts posted to your account under the course detail.

1. THREE-DIMENSIONAL BLOOD FLOW DYNAMICS: SPIRAL/HELICAL LAMINAR FLOW - Peter A. Stonebridge, Ch.M. *University of Dundee, Scotland*
2. THE HELICAL VENTRICULAR MYOCARDIAL BAND: GLOBAL, THREE-DIMENSIONAL, FUNCTIONAL ARCHITECTURE OF THE VENTRICULAR MYOCARDIUM - Mladen J. Kocica *European Journal of Cardio-thoracic Surgery* 29S (2006) S21—S40
3. BIOELECTROMAGNETICS IN MORPHOGENESIS, MICHAEL LEVIN *Bioelectromagnetics* 24:295^315 (2003)
4. CARDIAC TORSION AND ELECTROMAGNETIC FIELDS: THE CARDIAC BIOINFORMATION HYPOTHESIS - Katharine O. Burleson, Gary E. Schwartz *Center for Frontier Medicine in Biofield Science, University of Arizona, P.O. Box 210068, Tucson, AZ 85721-0068, USA*
5. **THE HEART IS NOT A PUMP: A REFUTATION OF THE PRESSURE PROPULSION PREMISE OF HEART FUNCTION** - Ralph Marinelli ; Branko Fuerst
6. **MECHANO-INDUCTION OF LYMPH VESSEL EXPANSION**
Lara Planas-Paz *The EMBO Journal* (2012) 31, 788–804 | & 2012 European Molecular Biology Organization
7. **MECHANOTRANSDUCTION IN VASCULAR PHYSIOLOGY AND ATHEROGENESIS** - **Cornelia Hahn** and **Martin A. Schwartz** *Nat Rev*

Mol Cell Biol. 2009 January ; 10(1): 53–62.
doi:10.1038/nrm2596.

8. **STREAMLINED FLOW IN THE PORTAL VEIN: DEMONSTRATION WITH MR ANGIOGRAPHY** - Benoit P. Gallix, MD, PhD *JOURNAL OF MAGNETIC RESONANCE IMAGING* 15:603–609 (2002)
9. **VASCULAR ONTOGENY WITHIN SELECTED THORACOABDOMINAL ORGANS AND THE LIMBS** John M. DeSesso *Reprod Toxicol* (2016),
<http://dx.doi.org/10.1016/j.reprotox.2016.10.007>
10. **VORTICAL FLOW STRUCTURE IDENTIFICATION AND FLOW TRANSPORT IN ARTERIES**
D J Doorly, S J Sherwin, P.T. Franke and J. Peiró
Aeronautics Dept., Imperial College London
Computer Methods in Biomechanics and Biomechanical Engineering, 2002 Vol.5 (3) pp. 261-275

Target Audience

Medical physicians (DO or MD) and International Osteopaths are welcome to apply.

Prerequisites

Must show proof of satisfactory completion of a 40-hour Osteopathic Cranial Academy approved Basic/Intro cranial course from OPC, OCA or SCTF. Email proof of satisfactory completion of a 40-hour as stated to cme@the-promise.org.

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

This program qualifies for AOA Category 1-A credit under an exemption approved by the "Bureau of Osteopathic Education of the American Osteopathic Association."

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 Practice Gap, Educational Learning Objectives, Faculty Disclosures and Agenda.
2. Complete the Pre-Activity Quiz via your account online.
3. Participate in the activity at 100%.
4. Attest to the satisfactory participation in the activity. OPC verifies your CME attestation via your account. OPC verifies attestation against the live sign-in sheets and your CME attestation via your registration account.
5. Complete the Post-Activity Quiz. A grade of 80% or above is required to pass the quiz. Three (3) attempts at the quiz are allowed. Grading method is the highest grade. If you do not pass the post-activity test after three (3) 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 completing the Pre-Activity Quiz, passing the Post-Activity Quiz and completing all Post-Activity Evaluations and Surveys.
8. Your Certificate can be accessed in your account via the orange Certificate button after ALL these steps are complete.

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.

Any relevant financial relationship which occurred in the twelve-month period before the time an individual was asked to assume a role controlling content in this CME activity, and which relates to the content of the educational activity, causing a conflict of interest must be disclosed here. The following faculty, presenters and planning committee members have indicated that they have no relationships with ineligible companies that could be perceived as a potential conflict of interest.

Name of Faculty/ Presenter/ Planner	Role(s)	Reported Financial Relationship
Michael Solano, B.Sc, Dip.Ed, BAppSc (Osteo)	Course Director/ Speaker	None
Catherine McDonald, BAppSc (Osteo), BSc. (Osteo)	Speaker, Content	None
Katherine Gill, MD	Speaker, Content	None
Orianne Evans, DO (UK)	Speaker, Content	None

R. Paul Lee, DO, FAAO, FCA	Speaker, Content	None
Alistair C. Moresi, BSc. (Osteo)	Speaker, Content	None
Ilene M. Spector, DO, FCA	Speaker, Content	None

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 Director



Michael Solano, B.Sc, Dip.Ed, BAppSc (Osteo)

Michael Solano B.Sc, Dip.Ed, BAppSc (Osteo) will speak on the following topics: "Embryology and the Mediastinum" and "Development of the Vasculature".

Michael Solano received his osteopathic degree in 1992 in Australia. He has extensive additional training through post-graduate courses taken in Australia and the US. He has been very actively involved in post-graduate osteopathic teaching since 2009, including in a number of European countries. He is associated with and teaches for the Australian Research College of Osteopathic Medicine, Ltd. Particular areas of expertise in his teaching are anatomy and embryology. Mr. Solano was an editor of the Australian Osteopathic Journal for five years.

Mr. Solano was a lecturer of the OCF Fundamentals for the Osteopathic Summer & Winter Schools. During the same time, he has been teaching the ROA 1 and 2 courses in Australia, Europe and the USA. Mr. Solano is a leading scholar in osteopathic manipulative medicine in general and osteopathy in the cranial field in particular. He, along with his colleagues in Australia and New Zealand, has developed a unique and innovative understanding in his application of osteopathy. He will be sharing this osteopathic knowledge and skills with US physicians who will benefit by being able to incorporate these approaches into their own clinical practices for the benefit of their patients. In addition, many of the US physicians attending the course are themselves teachers in post-graduate education and several of them are faculty at various US colleges of osteopathic medicine. And so there will be significant opportunities for exchange between Dr. Solano and US faculty from around the country. Another task for Dr. Solano is to begin to develop a select group of physicians here in the US that can become specialized in this approach and continue a high level of teaching in this subject.

Course Faculty



Catherine McDonald, BAppSc (Osteo), BSc. (Osteo)

Catherine McDonald, BAppSC (Osteo), BSc. (Osteo), will speak on “Osteopathy in the Blood 1” and “Osteopathy in the Blood 2”.

Catherine McDonald graduated from the Royal Melbourne Institute of Technology’s five year program with a double degree in Osteopathic and Clinical Sciences. She completed her first fundamentals cranial course that same year. Since that time she has completed a graduate certificate at Victoria University in Neonatal and Infant Paediatrics and numerous post graduate courses, run by the SCTF of ANZ, Australian Research College of Osteopathic Medicine (ARCOM) and Biodynamics.

Ms. McDonald began her working career in a pediatric based practice in Katoomba. After 7 years of being mentored by experienced practitioners in country NSW, she moved to Sydney where she ran 2 successful practices in Glebe and Roseville. During this time she sat on the Ethics, and then the Continuous Professional Development committees for the Australian Osteopathic Association. She moved to the Canberra Osteopathic Center and began working in Maxwell Fraval’s practice

in 2011, working under his mentorship for a decade. She is currently in private practice.

Ms. McDonald is the Vice-President of the Sutherland Cranial Teaching Academy (SCTF) of Australia and New Zealand. She has lectured with ARCOM and has taught throughout Australia, and in the United States.



Kathryn Gill, MD

Kathryn Gill, M.D. will speak on “Embryology of the Heart”.

Dr. Gill attended Dartmouth Medical School in New Hampshire for her pre-clinical medical education and graduated from Brown University Program in Medicine in Rhode Island. She completed her Postgraduate Medical Training at U.C.L.A. Santa Monica Family Medicine Residency. Throughout her medical education, Dr. Gill did post-graduate courses in Traditional Osteopathic Medicine and numerous long-term, individual clinical Osteopathic rotations with some of the top Osteopathic Physicians in the United States. She has been practicing traditional Osteopathic Medicine and Family Medicine in Santa Monica, CA since 1992.

Dr. Gill is internationally recognized in Biodynamic Pediatric Osteopathy. She is one of a core faculty

selected to teach the Osteopathic Biodynamic Phase Courses, and Biodynamic Pediatric courses throughout the United States and Europe. Her work in Biodynamics has led to a fascination with human embryologic development, which she utilizes both in her teaching and in treatment of patients. She also works closely with Functional Dentists and Oral Myologists interested in physiologic methods to develop the face and repair structural abnormalities and swallowing dysfunction.

An Assistant Clinical Professor for Western University of Health Sciences, College of Osteopathic Medicine, Dr. Gill also holds a Proficiency Certification from the Osteopathic Cranial Academy. She has acted as President for the West Coast Osteopathic Study Group, Treasurer for the Still-Sutherland Osteopathic Study Group, and has written articles for a number of publications. Dr. Gill has also participated in educational films explaining the benefits of Osteopathic Medical care.

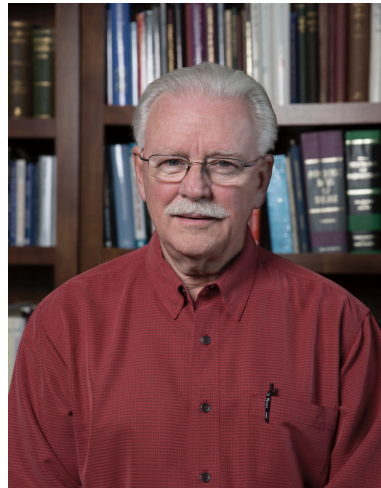


Orianne Evans, DO (UK)

Orianne Evans, DO (UK), will speak on “The Venous Return” and “The Lymphatics”.

Ms. Evans is a graduate of the University of Pennsylvania, Philadelphia, PA and the European School of Osteopathy, Maidstone, UK. She completed her

internship at the general clinic at the European School of Osteopathy, Maidstone, UK. She currently practices at her private practice in Boulder, CO. She has extensive additional training through post-graduate courses taken internationally and the US, including courses with the OCA, AAO, SCCO-UK, and VOD-Germany. She has been very actively involved in post-graduate osteopathic teaching since 1992, in the UK, US and Germany, including at the SCCO-UK, OCA Annual Conference, AAO, VOD-Germany, TUCOM, NECOM and UAAO and the European School of Osteopathy.



R. Paul Lee, DO

Robert Paul Lee, D.O., FAAO, FCA will speak on “The Living Matrix” and “The Heart as a Generator”.

Dr. Lee is a graduate of Kansas City University of Medicine and Biosciences. He is Board certified in Osteopathic Manipulative Medicine and Medical Acupuncture. Dr. Lee completed a residency in OMM at the AT Still University College of Osteopathic Medicine, Kirksville, Missouri. He served on the Board of Directors of The Cranial Academy and Board of Governors of the American Academy of Osteopathy. He was awarded the Fellow of the American Academy of Osteopathy, FAAO and Fellow of the Cranial Academy,

FCA. He was awarded the Sutherland Memorial Lecture and Honorary Life Membership in AAO. He is retired from his OMM private general practice in Durango, CO. His memberships include: AOA, AAO, and OCA.

Dr. Lee authored *Interface: Mechanisms of Spirit in Osteopathy*, 2005, Stillness Press, several articles, including *Living Matrix*, *Explore*, November/December, 2008 and many more in the *AAOJ* and *Cranial Letter*, available online at www.cranialosteopathy.com. Dr. Lee has taught in Australia, Japan, and multiple European venues.



Alistair Moresi, Bach.App.Sc. (Osteo)

Alistair C. Moresi, Bach.App.Sc. (Osteo), will speak on “Heart Lung Connection” and “The Circle of Willis”.

Alistair Moresi, is a graduate of the Monash University, Melbourne, Australia and the Royal Melbourne Institute of Technology, Melbourne. He currently practices at his private practice “Art of Osteopathy” in Portola Valley, CA. He has been actively involved in post-graduate osteopathic teaching since 1996, in the US, Australia, and Europe, including at COMP (Pomona), as a basic course instructor with Dr. Frymann (OPSC), Australian Osteopathic Convocation, UCOMP (Vallejo),

International Italian Osteopathic Congress, Dr. Blackman's Midline/Mesoderm and ROA Faculty since 2017.



Ilene M. Spector, DO, FCA

Ilene M. Spector DO, FCA, will speak on “Vasculature as a Fulcrum”. Dr. Spector is a graduate of American University, Washington, D. C. and Western University (COMP), Pomona CA. She completed an internship at Tucson General Hospital, Tucson, AZ. She currently practices at her private practice in Crested Butte, CO, specializing in Osteopathic Manual Medicine, with an emphasis on Osteopathic Cranial Manipulative Medicine (OCMM). Dr. Spector has been awarded Proficiency Recognition by the Osteopathic Cranial Academy, where she is an active senior faculty member. She has also received the OCA Award for Exceptional Service. Dr. Spector is a Fellow of the Osteopathic Cranial Academy (FCA). Memberships and Proficiencies: AOA, AAO, OCA, OCAF, PGIO.

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.

Policy Consent Notice

NOTE: Prior to purchasing or registration for this program we ask that you review the Policies as stated above. These policies are in every Course Brochure and on the CE21 (registration) platform when you purchase or register for any product. Your enrollment in the Program constitutes your release, waiver and consent to the stated policies.

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.



THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

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

AGENDA

SATURDAY, MAY 4, 2024

8:00am Introduction (Solano)
8:30am Osteopathy in the Blood 1 (McDonald)
9:30am Practicum (McDonald)
10:30am Discussion in Small Groups
(Solano)
10:45am Embryology and the Mediastinum
(Solano)
11:45am Practicum (Solano)
12:45pm LUNCH (provided)
1:45pm Embryology of the Heart (Gill)
2:30pm Practicum (Gill)
3:30pm Discussion in Small Groups
3:45pm The Venous Return (Evans)
4:45pm Practicum (Evans)
5:30pm Adjourn

SUNDAY, MAY 5, 2024

8:30am Review (Solano)
8:45am Osteopathy in the Blood 2 (McDonald)
9:45am Practicum (McDonald)
10:45am Discussion in Small Groups
(Solano)
11:00am The Heart as a Generator (Lee)
11:45am Practicum (Lee)
1:00pm LUNCH (provided)
2:00pm Development of the Vasculature
(Solano)
2:45pm Practicum (Solano)
3:45pm Discussion in Small Groups
(Solano)
4:00pm The Living Matrix (Lee)
4:45pm Practicum (Lee)
5:30pm Adjourn

MONDAY, MAY 6, 2024

8:30am Review (Moresi)
8:45am Heart Lung Connection (Moresi)
9:30am Practicum (Moresi)
10:30am Discussion in Small Groups
(Solano)
10:45am Aorta and its Relations
(Vasculature as a Fulcrum) (Spector)
11:30am Practicum (Spector)
12:30pm LUNCH (provided)
2:00pm The Lymphatics (Evans)
2:45pm Practicum (Evans)
3:45pm Discussion in Small Groups
(Moresi)
4:00pm The Circle of Willis (Moresi)
4:45pm Practicum (Moresi)
5:30pm Adjourn



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