



American College of **Osteopathic** Internists

Principle-Centered Medicine

The American College of Osteopathic Internists (ACOI) is devoted to understanding the importance of principles as a driving force for doing the right thing. We are working to build an organization that will help you to maintain a connected professional life and support a connected workplace. This means a place for you and your care team to learn and grow together in a way that will allow you to see patient care through the same lens. We have decided to call this initiative, Principle-Centered Medicine.

**Rediscover your roots.
It's always been within you.**



Principle-Centered Living & Leadership

What We Believe and Value



Our intent is to welcome you to a community where connections matter and the responses to the pressures you feel are made possible by a deep appreciation for timeless principles — principles that transcend changing conditions driven by external forces.

In other words, patient care happens best when physicians and all healthcare providers are motivated to do the right thing, not by the application of a buzzword generated in response to the challenge of the day, but by the foundational principles that brought you to this calling to begin with.

Principle-Centered Medicine is aligned to patient-centered, high-value care and the needs of our nation's healthcare system. It is a logical outgrowth of the osteopathic tenets, as understood and embraced by others in the 21st century, and creates the basis for patient-centered care. We believe it offers a way to restore the marriage between science and humanism.

1

Focus on Health and Well-Being



By working to achieve the best health outcomes for your patient, while balancing your own life, work, and health.

2

Create Meaningful and Pervasive Relationships



By being present in the moment and engaging in shared decision-making as a means to establish an individualized health plan that resonates with the patient, family, and healthcare team.

3

Practice Deep Listening



By maintaining a strong sense of curiosity, a spirit of inquiry, and a goal of understanding your patients, their families, and your team.

4

Embrace Wholeness



By always recognizing the importance of inclusion and considering the unity of mind, body, and spirit.

5

Recognize the Health Potential Within Us



By considering the body's inherent capabilities to self-regulate, self-maintain, and self-heal when provided with the right conditions.

6

Address Complexity




By giving recognition to the inter-relatedness of structure and function at both the macro and micro levels, with appropriate attention to the musculoskeletal system's contribution to health.

7

Find and Maintain Balance



By always considering patient interest, scientific evidence, and your experience as you care for each patient.



**There is something
inside of you,
something that
called you to
choose medicine.**

It made you relentlessly pursue knowledge and develop the skill to care for other human beings. It is, and remains, your passion. The passage of time hasn't changed this feeling, but the world around you has imposed one challenge after another, potentially disconnecting you from what is important and making it harder to live by the principles you know are true.

**If this sounds familiar,
you can learn more at
www.acoi.org/principles**



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