The Future of ACOI: Principle-centered Medicine

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Disclosures

- I have no financial conflicts to disclose.
- Materials reflect the work of the ACOI Board.
Agenda

Background
The Evolving Osteopathic Ecosystem
Recognizing Opportunity
The Osteopathic Internist as a ‘Complexivist’
The Foundation—Revisiting OPP
The Framework for the ACOI of the Future
Questions
Background
“We’re Listening.”
Your ACOI Member Survey

A Guide for Our Work
Your ACOI Member Survey Summary
A Guide for Our Work

- How medicine is practiced today
- Burnout / “Losing heart”
- Certification, recertification, and continuing medical education
How Medicine is Practiced Today

The pressure

- in a profit-driven healthcare industry, to handle high patient volumes with less time per patient
- of consumer expectations
- of an “expectation for care-on-demand”
- arising from the “technological transformation of care” (Electronic Medical Records)
- created by responding to a high volume of patient emails and messages, refills, etc., and
- of dealing with health insurance companies
Burnout / “Losing Heart”

- Frustration, fatigue, a sense of disenchantment or demoralization, and pessimism
- Struggles to maintain “work/life balance” and personal physical and mental health
Certification, recertification, and continuing medical education

- Time and stress involved
- Confusion and uncertainty
- Relevancy and usefulness
FIVE GENERATIONS WORKING SIDE BY SIDE IN 2020

- **BABY BOOMERS**
  - Boomers: 1946 - 1964

- **Generation - X**
  - Generation - X: 1965 - 1980

- **Generation - Y**

- **Generation - Z**
ACOI membership by the numbers:

Active, Emeritus, and Military

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ACOI membership by the numbers:

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The Evolving Osteopathic Ecosystem
An ECOSYSTEM is a community that functions as a single unit with self-sustaining structural and functional interaction between living and non-living components.
Macro
AACOM
AOA / GME
AOHA
NBOME
Specialty Colleges

Meso
Osteopathic Hospitals
State Societies
COMs

Micro
Osteopathic Physicians
District Academies

Circa-1989
The Osteopathic Ecosystem

Macro
- AACOM
- AOA / GME
- AOHA
- NBOME
- Specialty Colleges
- Other

Meso
- Osteopathic Hospitals
- Teaching Institutions / Osteopathic Recognition
- State Societies
- OPTI
- COMs

Today

Micro
- Osteopathic Physicians
- Allopathic Physicians
- District Academies
Convergence
Recognizing Opportunity
"I believe your organization has the potential to be a change agent in healthcare. You are not large enough to be the leaders of healthcare, but you have the critical mass and the right message to effect change through those who are."

Charles Scriven, PhD
President, Kettering College (retired)
Dayton, Ohio
Why?
“The object of this corporation is to establish a College of Osteopathy, the design of which is to improve our present system of surgery, obstetrics, and treatment of diseases generally, and place the same on a more rational and scientific basis.”

From the legal charter issued by the State of Missouri to the American School of Osteopathy, 1892
The Complexivist

Today’s catchphrase is actually part of osteopathic medicine’s legacy
“We think differently.”

“We’re more holistic.”
What Helps to Describe Holistic Thinking?

- **Attitude**
  - a settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior

- **Capacity**
  - an individual's mental or physical ability or their potential for treating, experiencing, or appreciating

- **Mindset**
  - a set of assumptions, methods, or notions held by one or more people or groups of people
Structure and Function are Interrelated
Frank-Starling Curve

Cardiac Output Function

Pre-load Structure
Structure and Function are Interrelated

Adapted from *David and Goliath*, Malcolm Gladwell
“A people without the knowledge of their past history, origin and culture is like a tree without roots.”

- Marcus Garvey
Optimizing Patient Care Through the Lens of Osteopathic Medicine
Osteopathic Medicine for the 21st Century

Revisiting our Tenets
Unity of mind, body and spirit

Importance of structure-function relationships\(^1\)

Recognition of our inherent capacities\(^2\)

\(^1\) At all levels of the human form; a healthy musculoskeletal system free of dysfunction supports overall health

\(^2\) For self-healing, self-maintenance, and self-regulation
Unity of mind, body and spirit

Osteopathic Decision Making

Importance of structure-function relationships

Recognition of our inherent capacities
OMT/OMM

“Our conversation cannot only be about OMT/OMM, but OMT/OMM cannot be absent from the conversation.”
Unity of mind, body and spirit

Recognition of our inherent capacities

Importance of structure-function relationships
Stages of Wound Healing

1. Bleeding
2. Inflammatory
3. Proliferative
4. Remodeling
This is how the new immunotherapy for cancer works

1. Normal work of the immune system
   T lymphocytes are the cells of the immune system that identify tumour cells and destroy them.

2. Camouflage of tumour cells
   Some tumour cells are themselves with a shield of molecules called PD-L1. Lymphocytes possess PD-1 receptors which, by bonding to these traps, destroy their capacity to attack.

3. Action of the new inhibitor drugs
   The new drugs based on antibodies block PD-1 from the cells of the immune system and PD-L1 from tumour cells to prevent their fatal action.

4. Result of immunotherapy
   Lymphocytes, once freed from their blindness by the drug, regain their defence potential. They recognise cancer and reduce it.

This treatment, although still in its experimental stage, has had preliminary results on lung, kidney and skin cancers.


Together these describe a complexivist approach to decision making that is unique among physicians...

1 At all levels of the human form; a healthy musculoskeletal system free of dysfunction supports overall health
2 For self-healing, self-maintenance, and self-regulation
Honoring our past and Creating our future
The Framework for the ACOI of the Future
We must demonstrate courage
We must tell our story and remember our roots
The delivery of patient care should be guided by principles
The principles should place the patient at the center of the healthcare care system
The practice of medicine should balance humanism and science
The care experience should be meaningful to patient and provider
The patient’s narrative is the key to gaining true insight into the creation of a meaningful care experience
Emotional intelligence and creative problem solving are important to leading change in healthcare
We should demonstrate an obsession for new medical knowledge
Meaning is driven by certain needs: the need for purpose, the need for values, the need to believe that one can make a difference, and the need to believe that one has self-worth.

Baumeister RF and Vohs KD. 2002, *Handbook of Positive Psychology*
The Principles

FOCUS ON HEALTH AND WELLBEING
CREATE MEANINGFUL AND PERVERSIVE RELATIONSHIPS
PRACTICE DEEP LISTENING
EMBRACE WHOLENESS
RECOGNIZE THE HEALTH POTENTIAL WITHIN US
ADDRESS COMPLEXITY
FIND AND MAINTAIN BALANCE
The Pillars

Health and Wellness
Discover the spirit of wellness

Education
Learn exactly what you need to know

Leadership
Realize your full potential

Community
Welcome home to where you belong
The Promise

We will strive to create a professional home for you where the science of care and the spirit of caring reside in harmony, providing a supportive community, influencing policy, and advocating for your interests and those of your patients.
We want to help you stay true to why you pursued medicine, so you can help them live well.
John P. Kotter
Author of Leading Change

CREATE A SENSE OF URGENCY

SPEAK TO THE HEART

MOBILIZE A SMALL ARMY
Thank you!