Balancing Patient Care Influenced by OPP and Patient Care Guided by OPP

Stacey Pierce-Talsma DO, MS, FNAOME
• **Speaker(s):** Stacey Pierce-Talsma, DO has disclosed that she has no relevant financial interest or other relationship with any manufacturer of commercial products or services.
Objectives

• Discuss patient care influenced by OPP (‘thinking osteopathically’) and patient care guided by OPP (‘treating osteopathically’)

• Consider impact of missed opportunities to ‘treat osteopathically’ upon patient care outcomes.
Discussion

• What does “thinking osteopathically” mean to you and how is it different from conventional medicine?
Discussion

• What does “treating osteopathically” mean to you?

• Is it different from “thinking osteopathically”?
Discussion

- What are barriers to “treating osteopathically”
# Addressing Barriers

## Time
- No time to do diagnose/treat - short appointments
- No time on schedule for OMT appointments
- Time spent on EMR instead of treating

## Knowledge
- Physician insecurity
- Various techniques
- Seated techniques
- Disease specific considerations
- Contraindications
- CME availability

## OMT table
- No table
- Small room

## Reimbursement
- How to bill and code appropriately
- MORE documentation
- Liability concerns
- Hospital privileges

## Evidence-Based
- Lack of resources
- Unsure of evidence basis
- Unproven benefit

## Patients/physicians
- Unfamiliarity
- Disinterest
- Precepting students
Influenza Standard of Care

- Seasonal Flu Vaccine
- Minimize Exposure
- Antiviral Medications
- Supportive Care
Influenza- Osteopathic Focused Treatment

• What physiology could we hope to effect with Osteopathic treatment in the care of patients with influenza?

• How could we include each Tenet?
Osteopathic Treatment

- The body is a unit; mind, body, spirit
  - Address life stressors, support systems
- The body is capable of self-regulation, self healing, and health maintenance
  - Autonomic balance
  - Lymphatic flow
  - Venous and arterial flow
- Structure and function are reciprocally interrelated
  - Biomechanics
  - Altered joint motion, muscular tightness, fascial restrictions
  - Acknowledge that mechanical stressors effect the system as a whole
- Rational treatment is based on these
  - Combine conventional care with OMT and holistic approaches
Osteopathic Manipulative Treatment

• What are 2-3 body regions you would consider treating with OMT in a patient with influenza?

• How long do you think this would take?
Rib Raising

- Reduced tissue hypertonicity and joint hypomobility
- Improved biomechanics of the rib cage and diaphragm
- Improved respiratory mechanics, arterial, venous and lymphatic flow
- Improved Immunity
Treating Osteopathically is different than thinking osteopathically

OMT is not just “sequential manipulative techniques” but expresses the philosophy in a clinical context

By utilizing OMT we embrace a holistic approach using all that modern medicine has to offer with the addition of being guided by our tenets

When we don’t treat with OMT we lose a chance for patient optimization

