

RE-OPENING YOUR OSTEOPATHIC MANIPULATIVE PRACTICE

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Learning Objectives

- Motivations and incentives to re-open your practice
- Fears and anxieties
- Precautions, policies, and practices

Osteopathic Principles

- Four Tenets
 - The body is a unit: mind, body, and spirit
 - The body has self-healing and self-regulating mechanisms
 - Structure and function are interrelated
 - Rational treatment is based on an understanding of these principles
- 5 models of osteopathic care
 - Biomechanical
 - Neurologic
 - Respiratory/circulatory
 - Metabolic/energetic
 - Biopsychosocial

What is an Osteopathic Physician?

- A fully qualified and licensed physician
- Educated within a context of a distinct patient-centered, health-oriented philosophy
- Who is trained to combine specialized diagnostic and therapeutic hands-on skills (OMT) with the latest advances in the science and practice of medicine
- To offer comprehensive healthcare to patients

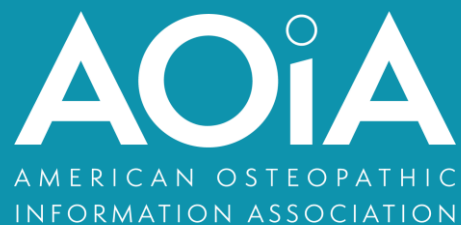
MOTIVATIONS AND INCENTIVES



Our patients need our touch

- Some of my patients have been in tears when I finally got to treat them again (mind-body-spirit)
- Many have been using more pain medication during the hiatus (structure-function)
- Some have actually done OK and are seeing that they're more independent than they thought (self-healing)

FEARS AND ANXIETIES



What do we know about transmissibility

- At least 1.5x more transmissible than influenza
- Primary transmission through respiratory system
 - Aerosol vs Droplet?
 - Infection via mucous membranes?
- Masks seem to be beneficial in limiting transmission

Who's most at risk

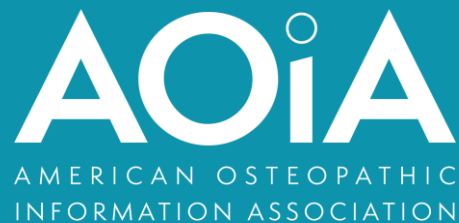
- Age >65
- Immunocompromised
- Chronic lung disease
- Cardiovascular disease
- Obesity
- Diabetes
- African-American or Latinx (social determinants)

SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>

Liability

- Exposures in the office (patient infected)
- Exposures in the office (physician/staff infected)
- Failure to comply with state/federal restrictions or guidelines

PRECAUTIONS, POLICIES, AND PRACTICES



Screening

- Symptoms at appointment making
- Symptoms at the door
 - Fever
 - Respiratory symptoms
 - Loss of taste/smell
 - Nausea/vomiting/diarrhea
- Temperatures at the door
 - Possibly as little as 44% of positive patients show fever at onset
- Are you planning to treat SARS-CoV-2 positive patients?

SOURCE:<https://www.cdc.gov/coronavirus/2019-ncov/hcp/steps-to-prepare.html>

PPE

- Practice side
 - Masks
 - Surgical vs N95
 - Eye protection
 - Gloves?
 - Gowns?

- Patient side
 - Masks
 - Surgical vs cloth
 - Hand Sanitizer stations

SOURCE:<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

Written Policies

- Recommend written policies for
 - PPE
 - Screening
 - Handling positive patients
 - Handling positive employees
 - Cleaning
 - Training
- For more information see AOiA webinar “COVID-19: Practice Reopening Strategies”

OMT Practices

- Safe(r) Techniques?
- Contraindicated Techniques?

CONCLUSIONS



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- Safe, rational, careful re-opening is possible.
 - Patients need our care/touch now more than ever

Comments/Questions?

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