



Buckeye Osteopathic Physician

MARKING A **MILESTONE**

125 years of dedicated service
to advance the osteopathic profession

THE OFFICIAL PUBLICATION OF THE OHIO OSTEOPATHIC ASSOCIATION

Buckeye Osteopathic Physician

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I certify that the statements made by me are correct and complete.
-Cheryl Markino, Editor, **Buckeye Osteopathic Physician**

MARKING A MILESTONE

The Ohio Osteopathic Association is celebrating its quasiquintennial this year. That's 125 years of dedicated service to promote and advance Ohio DOs and the osteopathic profession.

It was on New Year's Eve 1898 when 13 DOs met in the Columbus office of Drs. Mac and Adelaide Hulett and organized the Ohio Society for the Advancement of Osteopathy. Membership would be open to graduates of "any reputable school of osteopathy" residing in Ohio. The meeting was reported in *The Columbus Dispatch*. They elected a Cincinnati physician, George W. Sommer, DO, as the first president of the group—which would later be called the Ohio Osteopathic Society and then the Ohio Osteopathic Association.

Ohio was definitely at the forefront of osteopathic medicine. It was just six short years before that memorable NYE that the American School of Osteopathy was founded. In fact, the May 1902 edition of the *Journal of Osteopathy* listed Ohio among the 15 states where osteopathy is legalized and regulated by the state legislature.

Resilience Amidst Adversity

But it wasn't smooth sailing in those first years. A number of DOs were arrested for not having a license to practice. The Ohio Supreme Court ruled that the Ohio Medical Practice Act (1896) did not apply to osteopathy, leaving DOs in a practice limbo. The Love Act (1900) passed the Ohio General Assembly and established a four-year educational curriculum for DOs which was actually a higher standard than what existed for MDs at that time—effectively prohibiting osteopathy from being practiced legally. Therefore, DOs refused to register under the new law and the association pledged to financially assist them with legal fees.

In the early 1900s, things started to shift for DOs in Ohio. Through strong leadership and the active lobbying efforts of the association, the medical laws were amended to recognize osteopathic medicine. With this formal recognition, the profession began a period of unprecedented growth that cemented its gains, impressed upon patients the value of osteopathic treatment, and gained equal practice rights.

There were three major events in 1901:

First, the OOA was incorporated. The effort was led by Clarence Kerr, DO; MF Hulett, DO; George J. Eckert, DO; William A. Gravett, DO; JTL Morris, DO; ER Booth, DO; and HG Dilleon, DO.

Second, the Ohio Supreme Court ruled the Love Bill unconstitutional: "Medical law includes osteopathy but the Love Bill is void as to osteopaths because while giving them a limited certificate which does not entitle them to prescribe drugs or perform surgery, it requires four years of preparatory study which it does not require of

regular practitioners whose certificates to practice authorizes them to engage in the unlimited practice of medicine and surgery."

Lastly, ER Booth, DO, of Cincinnati was the first Ohioan to be elected president of the American Osteopathic Association (AOA).

Other significant events included the first DO licensing exam given by the State Medical Board of Ohio, the 1903 AOA national convention in Cleveland, and the first graduating class from the Ohio College of Osteopathy in Chillicothe in 1904.

Charting Success

By the time of America's entry into World War I, Ohio was well represented in the profession, providing two AOA presidents; hosting several national conventions; building numerous hospitals and health clinics; and establishing women's auxiliary societies to help finance scholarships, student loans, and research. The profession lost ground during the Depression, but regained it slowly until July 31, 1943, when full practice rights were achieved. That same year, JO Watson, DO, of Columbus, became the first DO to serve on the State Medical Board—a position he retained for nearly 30 years. Yet, not until Public Law 763 was signed by President Dwight D. Eisenhower in 1956 were DOs commissioned in the medical corps of the armed services.

In the early 70s, OOA leadership had the foresight and determination to establish an osteopathic medical school in the state. The OOA House of Delegates unanimously approved a resolution to assess themselves and all members an extra \$250 annually for six years to support the new College of Osteopathic Medicine.

For many, passage of HB 229 in 1975 is considered the OOA's greatest accomplishment. Creating the osteopathic medical school at a public university was a tough battle, particularly with powerful opposition from the Ohio Board of Regents and Ohio State Medical Association. But on June 7, 1980, Ohio University graduated its first 21 physicians who received the DO degree. Today, over 1,000 students are enrolled at Ohio University Heritage College of Osteopathic Medicine's three campuses in Athens, Dublin, and Cleveland. The College alumni totals 4,500+, with physicians in every specialty and 60% practicing in Ohio.

In 1898 there were 15 osteopathic physicians practicing in the Buckeye State. Today, our state counts 8,228 DOs.

As we celebrate this quasiquintennial let's reflect on the OOA's distinguished past which has paved the road to our dynamic future. Here's to the next 125 years!

Partially excerpted from *A Second Voice: A Century of Osteopathic Medicine in Ohio*, Carol Poh Miller, and *Bulletin of the History of Medicine*, John S. Haller ■



OHIO OSTEOPATHIC SYMPOSIUM

OHIO'S PREMIER OSTEOPATHIC CME PROGRAM

REGISTER NOW

2024 OHIO OSTEOPATHIC SYMPOSIUM

A collaboration of Ohio University Heritage College of
Osteopathic Medicine and Ohio Osteopathic Association



APRIL 18-21, 2024

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WE LOOK FORWARD TO SEEING YOU AT THE SYMPOSIUM

The Ohio Osteopathic Symposium, a collaborative program of the Ohio Osteopathic Association and the Ohio University Heritage College of Osteopathic Medicine Society of Alumni and Friends, will be held from April 18-21, 2024. This year's symposium promises to provide practical and clinically relevant information. The program offers an excellent agenda packed with engaging, informative and stimulating medical education sessions - presented by experts in their areas of study and practice. The overall objective is to deliver a well-constructed CME program that offers you innovative and timely information and insight that you will immediately put to use in your practice.

Program Schedule

Thursday, April 18, 2024
1:00 pm - 8:30 pm

Friday, April 19, 2024
7:00 am - 5:30 pm

Saturday, April 20, 2024
7:00 am - 5:30 pm

Sunday, April 21, 2024
8:00 am - 12:00 pm

CME Credits

29 AOA Category 1-A CME Credits

CME and specialty credits will be reported to the American Osteopathic Association in accordance with the extent of the physicians' participation in this activity.

Hotel Reservations

Call the Hilton Columbus at Easton at 614-414-5000. The discounted room rate is only available until March 23.



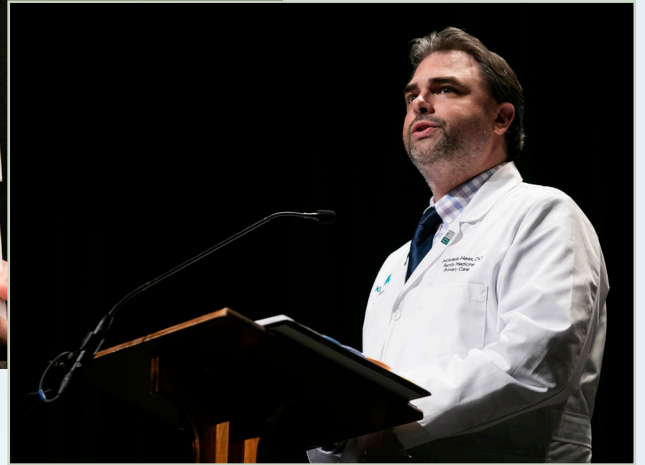
A Collaboration of
Ohio University Heritage College
of Osteopathic Medicine
and Ohio Osteopathic Association





Nicklaus J. Hess, DO, (left) received a Trillium Award from HCOM Executive Dean Ken Johnson, DO, April 2023.

Hess was a speaker at the HCOM Convocation & White Coat Ceremony, August 18, 2023, to welcome the new students on behalf of the OOA membership.



PROFILE OF A PRESIDENT

Dayton DO Concludes Successful Term

Nicklaus J. Hess, DO, serves as 2023-2024 president of the Ohio Osteopathic Association. He is a board-certified osteopathic family medicine physician with special interests in osteopathic manipulative treatment, medical education, and health policy. He currently practices Family Medicine and OMT at Kettering Health Centerville Health Center and is assistant clinical professor in the Department of OMM at Ohio University Heritage College of Osteopathic Medicine (HCOM).

Additionally, he is the HCOM Western Unit clinical assistant dean, core osteopathic faculty for the Grandview Internal Medicine Residency Program, HCOM adjunct clinical assistant professor of Family Medicine, preceptor for the Soim Family Medicine Residency Program, and has served as faculty for the Grandview

Family Medicine Residency Program.

The 2012 HCOM graduate has been a leader in the Dayton area as well, serving in leadership roles at Kettering Health Dayton, Kettering Health Washington Township, and Dayton District Academy of Osteopathic Medicine.

He was awarded the ACOFP Fellow designation and completed the AACOM Osteopathic Health Policy fellowship, Training in Policy Studies fellowship, and Costin Institute program for medical educators.

Hess grew up in Springboro, attended Muskingum University, and graduated from the Grandview Family Medicine Residency Program after earning his DO degree.

Much of his presidential year has been dedicated to OOA governance issues, rebuilding partnerships, and securing a new

executive director for the organization.

His term coincides with the OOA's 125th anniversary.

Among his many projects, Hess has conducted monthly calls with OOA officers, attended staff meetings, provided updates at district meetings, participated in HCOM student events, and led the Ohio delegation at the AOA House. As part of an *OOA Mindfulness Monday* session, he discussed the benefits of music in medicine and recorded a short piece on his saxophone, which can be viewed on the OOA Facebook page.

Throughout his term, his commitment has been to the OOA membership. He has a message for them: "Thank you for your patience and support during this time of change. I am confident that we are positioning our organization toward future success." ■



OHIO OSTEOPATHIC ASSOCIATION

Founded December 31, 1898

125 YEARS

\$125 FOR THE 125TH

The OOA has launched *\$125 for the 125th*, a fundraising campaign to celebrate 125 years of dedicated service to promote and advance Ohio DOs and the osteopathic profession.

Your donation to the Ohio Osteopathic Foundation, the OOA's charitable arm, will support the profession through education and outreach, leadership development, and community health initiatives. Many of the current projects focus on the future of the profession, specifically students at Ohio University Heritage College of Osteopathic Medicine.

Over the years, the OOF has donated more than \$2 million to support the development of HCOM through capital improvements and grants to strengthen osteopathic education and research. This includes a \$200,000 gift from the Warren General Hospital Fund for the naming of the OMT suite at HCOM's Cleveland campus and sponsorship of the Student Government Association office at HCOM's newest medical education building in Athens, Heritage Hall.

Your contribution has the power to strengthen Ohio's osteopathic roots and grow the profession for generations to come. Make your tax-deductible donation at OhioDO.org/OOF. ■

Giving Back

Q&A With an OOA Leader



Jennifer L. Gwilym, DO, a family physician from Athens, served as 2022-2023 OOA president and has been on the OOA Board of Trustees since 2014. She concludes her service on the Board this year.

A dedicated preceptor known for providing exceptional training and care throughout Central and Southeast Ohio, she is chair of Ohio University Heritage College of Osteopathic Medicine (HCOM) Department of Primary Care and has served as a clinical faculty member since 2007.

She has credited her many mentors for playing an important part in her growth as a person, physician, and leader. This significant aspect of the osteopathic profession has now come full circle since Gwilym is now a mentor for so many. “This is my opportunity to give back, not only to the profession but also to osteopathic medical students and residents who are the future of our profession,” she said.

In addition to mentoring, Gwilym has worked to move the Ohio profession in the right direction. She has fostered impactful relationships with partners, demonstrated sound leadership, and been vital to OOA legislative efforts and health policy issues.

Here, she discusses her views on leadership, the OOA, and more.

Tell us why you got involved in the OOA and decided to take on leadership positions.

Simply, I enjoy the fellowship and camaraderie with other DO physicians. I took on leadership roles because I wanted to be more involved and provide input to the profession. I like being involved, “in the know” if you will, and being included in decision making. Also, I think that people do not realize what a fun and exciting group of individuals make up the OOA.

I believe that I am an inclusive leader because I strive to include others in important decision making for the future of osteopathic

medicine in Ohio. I see scope of practice encroachment as one of the biggest challenges that DOs face today. A large percentage of patients do not realize that there is a difference between physicians, nurse practitioners, and physician assistants. A lot of my legislative work has been in this area.

I’ve also focused on physician wellness. When I was OOA president, we implemented *Mindfulness Mondays*. Mindfulness is defined as the practice of purposely focusing your attention on the present moment—and accepting it without judgment. The concept of mindfulness has been found to be a key element in stress reduction and overall happiness. *Mindfulness Mondays* are free sessions, held on Zoom, just for members. We’ve had a variety of topics: guided relaxation, beginner yoga, meditation, humor, music, and more.

Quality CME programs were also a focus during my OOA presidency. I was happy to be involved with “Critical Conversations,” a three-hour block to address implicit bias and provide tools and insight to maximize care. We joined with other osteopathic state associations to cosponsor quarterly virtual education, including the Virtual Osteopathic Conference, a weekend program offering 48 hours. These programs along with the Ohio Osteopathic Symposium are now available on-demand.

Let’s talk about students, mentoring, and your role at HCOM...

Working with and inspiring students is the best part of my job! I think that mentorship is one of the most important pillars of osteopathic medicine. As physicians, we can shape the careers of future physicians by providing support and giving back to our profession.

Almost all OOA past presidents have worked with HCOM students as preceptors. As full-time faculty and Department chair wearing both HCOM and OOA leadership hats has been an easy balance, they go hand in hand. The OOA supports OU-HCOM and in turn, OU-HCOM provides the OOA with our future members. ■

Ohio Osteopathic Foundation Donors

The list below reflects giving for 2023. To make a contribution, go to OhioDO.org/OOF or send your check to OOF, PO Box 8130, Columbus, Ohio 43201. For memorial donations, an acknowledgement of your gift is sent to the family of the deceased. No amounts are mentioned.

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Andrew P. Eilerman, DO
Douglas W. Harley, DO
Joseph S. Scheidler, DO
Garry L. Thrasher, DO

OOF Memorials

In Memory of Philip M. Blitz, DO
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David A. Bitonte, DO

In Memory of David L. Bowman, DO
Ohio Osteopathic Association
David A. Bitonte, DO

In Memory of Richard H. Bracken, DO
Scott D. Barkin, DO

In Memory of George F. Dunigan II
Ohio Osteopathic Association
David A. Bitonte, DO
Amy G. Tunanidas Pantelis, DO

In Memory of Charles F. Libell, DO
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Amy G. Tunanidas Pantelis, DO

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Patrick S. Callender, DO
John R. Casey, DO
Aaron D. Clark, DO
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Chelsea A. Nickolson, DO
Daniel Pasternack, DO
Luis L. Perez, DO
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Drs. Kim and Craig Sanders
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Amanda R. Stover, DO
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Amy G. Tunanidas Pantelis, DO
Debra A. Turull, DO
John F. Uslick, DO
Nicole Wadsworth, DO
Mark T. Wagner, DO
Samantha J. Yelley, DO
The 5th District Academy of the OOA
Dayton District Academy of Osteopathic Medicine

Ohio Osteopathic Political Action Committee Honor Roll

The following is based on contributions from the fiscal year May 2022 through April 2023. OOPAC supports candidates who have demonstrated beliefs in and the principles to which osteopathic medicine is dedicated. The primary goal is to help shape health care policy by educating legislators and explaining how proposed legislation affects patients and communities. A strong PAC helps to open doors and strengthen the osteopathic voice at the Ohio Statehouse. To make a contribution, go to OhioDO.org/OOPAC.

Governor's Circle (\$1,000 or more)

Cleanne Cass, DO, Dayton
Charles D. Milligan, DO, Orrville
Anita Steinbergh, DO, Columbus
Geraldine N. Urse, DO, Columbus
Henry L. Wehrum, DO, Columbus
Dayton District Osteopathic PAC

Rotunda Club (\$500 to \$999)

Victor D. Angel, DO, Cincinnati
William J. Burke, DO, New Albany

Melinda E. Ford, DO, Athens
Jennifer L. Gwilym, DO, Athens
Douglas W. Harley, DO, Fowler
Edward E. Hosbach II, DO, Coldwater
Mark Jeffries, DO, Dayton
John F. Ramey, DO, Sandusky
M. Terrance Simon, DO, Massillon
Cincinnati District Academy

Chairman's Club (\$250 to \$499)

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David A. Bitonte, DO, Uniontown
Robert W. Hostoffer Jr., DO, Cleveland
Robert S. Juhasz, DO, Eastlake
Ray J. Miller, DO, Perrysburg
Kelly L. Ramey, Sandusky
Joseph S. Scheidler, DO, Hamilton
George Thomas, DO, Chagrin Falls
John F. Uslick, DO, Canton
Kevin G. Wietecha, DO, Canton

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Matthew G. Hodges, DO, Dayton
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Elizabeth L. Myer, DO, Youngstown
Daniel J. Raub, DO, Aurora
Marc D. Richards, DO, Chardon
Judith A. Roulter, Sylvania
Paul T. Scheatzle, DO, Canton
Richard F. Sulek, DO, Cincinnati
Robert J. Thomas, DO, Upper Arlington
Amy G. Tunanidas Pantelis, DO, Rocky River

Welcome New Members!

Ohio Osteopathic Association members pledge to serve as advocates for their patients and subscribe to the mission of maintaining the highest standards of ethical conduct in all phases of medicine and surgery. We applaud these new members who joined the OOA, the only statewide organization exclusively dedicated to representing osteopathic physicians.

Katherine A. Able-Perkins, DO

KCOM/ATSU-2006
Family Practice
Athens County - Marietta District

Ballantines F. Alegre, DO
CUSOM-2017
Family Practice
Franklin County - Columbus District

Nicole R. Alexander, DO
OU-HCOM-2017
Neurology
Montgomery County - Dayton District

Shandra C. Basil, DO
OU-HCOM-2018
Family Practice
Franklin County - Columbus District

Garrett M. Bassett, DO
LECOM-2013
Emergency Medicine
Franklin County - Columbus District

Kate E. Berz, DO
VCOM-2008
Sports Medicine-Pediatrics
Hamilton County - Cincinnati District

Mariel P. Bird, DO
MWU/AZCOM-2010
Dermatology
Trumbull County - Western Reserve District

Brittany A. Bobovnyik, DO
OU-HCOM-2018
Family Practice
Mahoning County - Western Reserve District

Benjamin Wade Booker, DO
LMU-DCOM-2019
Family Practice
Athens County - Marietta District

Michael S. Bruss, DO
UP-KYCOM-2018
Emergency Medicine
Lucas County - Northwest Ohio District

Christina P. Chan, DO
OUCOM-2011
Internal Medicine
Franklin County - Columbus District

Susan Choe, DO
LECOM-2016
Family Practice
Fairfield County - Columbus District

Satish Chundru, DO
UNTHSC/TCOM-1999
Forensic Pathology
Williamson County - Texas

Brian L. Colopy, DO
OUCOM-2014
Family Practice
Auglaize County - Lima District

Frances Adkins Comer, DO
OU-HCOM-2016
Pediatrics
Franklin County - Columbus District

Jessica L. Cook, DO
LECOM-2012
Family Practice
Lake County - Cleveland District

Kelly A. Coon, DO
OUCOM-1995
Psychiatry
Athens County - Marietta District

Christine Grace DiEnna, DO
OSUCOM-2009
Cardiovascular Diseases
Montgomery County - Dayton District

Ann K. Dombroski, DO
OU-HCOM-2015
Emergency Medicine
Mahoning County - Western Reserve District

Megan M. Dorsak, DO
UP-KYCOM-2016
Family Practice
Greene County - Dayton District

Robert E. Dressler III, DO
KCUMB/COM-1993
Family Practice
Hamilton County - Cincinnati District

Harriet L. Drummer, DO
OUCOM-1996
Family Practice
El Dorado County - California

Evelyn A. Eakin, DO
OU-HCOM-2016
Family Practice
Franklin County - Columbus District

Jacob J. Farber, DO
OU-HCOM-2017
Family Practice
Butler County - Cincinnati District

Stephen A. Feig, DO
NYCOM-1986
Family Practice
Sarasota County - Florida

Matthias J. Franzen, DO
DMUCOM-2015
Anesthesiology
Franklin County - Columbus District

George J. Friedhoff, DO
MSUCOM-2010
Sports Medicine
Cuyahoga County - Cleveland District

Ashley C. Fuentes, DO
OU-HCOM-2016
Family Practice
Cuyahoga County - Cleveland District

Anthony C. Geraci, DO
NYCOM-1991
Internal Medicine
Los Angeles County - California

Emily A. Gorman, DO
OU-HCOM-2016
Family Practice
Franklin County - Columbus District

Christine V. Guenther, DO
PCOM-2012
Internal Medicine
Miami County - Dayton District

Matthew J. Haag, DO
WVSOM-2000
Family Practice
Mercer County - West Virginia

Lauren E. Hadney, DO
OU-HCOM-2018
Internal Medicine
Cuyahoga County - Cleveland District

Joseph W. Herrmann, DO
OUCOM-2010
Surgery
Scioto County - Marietta District

Lindsay B. Hesser, DO
VCOM-2012
Obstetrics & Gynecology
Hamilton County - Cincinnati District

Kali C. Hollingsworth, DO
LECOM/Bradenton-2009
Family Practice
Greene County - Dayton District

James M. Hozalski, DO
OU-HCOM-2019
Emergency Medicine
Montgomery County - Dayton District

Jason R. Jackson, DO
WVSOM-2014
Neonatology
Franklin County - Columbus District

Megan E. Jashinski, DO
LECOM-2019
Family Practice
Licking County - Columbus District

Evin G. Jerkins, DO
OUUCOM-2013
Family Practice
Fairfield County - Columbus District

Sean M. Johnson, DO
VCOM-2018
Family Practice
Montgomery County - Dayton District

Tabitha I. Jones-McKnight, DO
UMDNJ/SOM-2006
Pediatrics
Franklin County - Columbus District

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PCSOM-2016
Physical Medicine & Rehabilitation
Cuyahoga County - Cleveland District

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PCSOM-2005
Family Medicine & Neuromusculoskeletal
Medicine
Athens County - Marietta District

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DMUCOM-2019
Family Practice
Franklin County - Columbus District

Daniel Krajcik, DO
OU-HCOM-2018
Family Practice
Lorain County - Cleveland District

Brittany M. Leshner, DO
OU-HCOM-2017
Internal Medicine
Mahoning County - Western Reserve
District

Kayla W. Long, DO
VCOM-2009
Emergency Medicine
Lynchburg County - Virginia

Michael J. Loy, DO
VCOM-2013
Orthopedic Surgery & Sports Medicine
Highland County - Dayton District

Charles S. Marting, DO
MWU/CCOM-1996
Internal Medicine
Henry County - Indiana

Ryan C. Mast, DO
OUUCOM-2007
Psychiatry
Greene County - Dayton District

Derek J. Menkedick, DO
MWU/CCOM-2016
Neurology
Montgomery County - Dayton District

Gerard A. Myers, DO
PCOM-1991
Addiction Medicine
Beaver County - Pennsylvania

Enowwo E. Ohwofahworaye, DO
OU-HCOM-2016
Internal Medicine
Ross County - Columbus District

Holly B. Overmiller, DO
WVSOM-2016
Family Practice
Noble County - Marietta District

Darrell W. Peters, DO
KCOM/ATSU-2001
Anesthesiology
Clark County - Dayton District

Sara J. Ramquist, DO
PNWU-COM-2017
Neurology
Montgomery County - Dayton District

Lakshmi Rangaswamy, DO
OUUCOM-2013
Geriatrics and Internal Medicine
Franklin County - Columbus District

Chad A. Reed, DO
MWU/CCOM-2006
Orthopedic Surgery
Montgomery County - Dayton District

Erin A. Rocchio, DO
PCOM-2014
Internal Medicine
Cuyahoga County - Cleveland District

Howard M. Rosner, DO
PCOM-1984
Cardiovascular Diseases
Montgomery County - Pennsylvania

Theresa R. Sheridan, DO
TUNCOM-2009
Family Practice
Clark County - Western Reserve District

Siddharth U. Shetgeri, DO
MWU/CCOM-2010
Neurological Surgery
Franklin County - Columbus District

James D. Simantirakis, DO
MWU/CCOM-1999
Family Practice
Lake County - Indiana

Irina Staicu, DO
VCOM-2014
Internal Medicine
Philadelphia County - Pennsylvania

John W. Stubli, DO
DMUCOM-2015
Internal Medicine
Hamilton County - Cincinnati District

Beraht R. Thapa, DO
WVSOM-2016
Family Practice
Clark County - Dayton District

Colin W. Weerts, DO
KCOM/ATSU-2012
Family Practice
Blue Earth County - Minnesota

Joseph B. Zell, DO
OU-HCOM-2016
Family Practice
Medina County - Akron/Canton District

Profession Continues to

GROW

The number of osteopathic physicians in the US has increased by more than 30% in the past 5 years, according to the *2023 Osteopathic Medical Profession (OMP) Report* issued by the American Osteopathic Association (AOA). The annual update provides a summary of current demographics and trends related to the practice of osteopathic medicine.

The osteopathic medical profession added more than 7,300 DOs to the physician workforce in 2022. Moreover, the pipeline of future DOs poised to enter the profession reached an all-time high, with approximately 36,500 osteopathic medical students matriculating during the 2022-23 academic year. Over the last decade, the number of students attending osteopathic medical school has grown by 77%, helping lead to an overall 81% increase in the total number of DOs and osteopathic medical students in the US.

In recent years, the increased number of medical students pursuing osteopathic medicine has led to an increase in the percentage of DOs under age 45. In 2023, approximately 86,110 DOs fell into this category, representing 68% of all osteopathic physicians in active practice.

Though DOs bring their distinctive approach to every field and specialty, the osteopathic profession plays a major role in meeting the nation's primary care workforce needs. In 2023, more than half of the nation's DOs practiced in the primary care specialties of family medicine, internal medicine, and pediatrics. The majority of these physicians—62%—were under age 45, demonstrating that primary care remains a desirable specialty for early-career physicians entering the workforce.

The profession's emphasis on primary care positions DOs to make a critical impact in addressing the projected physician shortage expected to limit access to patient care in the next

10 years. According to the Association of American Medical Colleges, the US could see an estimated shortage of between 37,000 and 124,000 physicians by 2034, including gaps in both primary care and non-primary care specialties.

The number of osteopathic medical schools has more than doubled over the past two decades. In May 2023, Xavier University announced plans to establish a college of osteopathic medicine in Cincinnati with a goal to admit its first class in 2027. The majority of new COMs are located in rural or underserved regions. As a result, osteopathic physicians often complete their education and training in communities with limited access to care. On the 2023-2024 *US News and World Report* list of top medical schools, osteopathic schools received the following rankings:

- Seven of the top 10 spots for medical schools with the most graduates in primary care.
- Three of the top 10 spots for medical schools with the most graduates practicing in health professional shortage areas.
- Six of the top 10 spots for medical schools with the most graduates practicing in rural areas.

What began as a small profession with a distinctive philosophy has grown to become a critical component of the nation's health care system. ■



US-Trained DOs Gain Global Recognition

The International Association of Medical Regulatory Authorities (IAMRA) approved a resolution, November 2023, to support the recognition of US-trained DOs as fully licensed physicians equivalent to MDs in 47 IAMRA member countries during its biennial meeting in Bali, Indonesia.

The resolution was jointly submitted by the Federation of State Medical Boards (FSMB) and the Oregon Medical Board, and seconded by the Association of Medical Councils of Africa, whose 20 member countries passed a similar resolution in 2019.

This historic achievement follows years of advocacy from the American Osteopathic Association (AOA). AOA President Ira Monka, DO, was among a group of osteopathic leaders on hand to shepherd the resolution through its final passage in Bali.

“We anticipate that DOs wishing to care for patients in IAMRA member countries will now have a more streamlined process to secure licensure and practice rights,” Monka said. “The resolution also paves the way for the rest of the world to develop a greater understanding of the osteopathic medical model and its potential to help solve access to care issues and empower patients to take a leading role in advancing and ensuring their own health.”

Humayun (Hank) Chaudhry, DO, CEO

of the FSMB and secretary and past chair of the IAMRA Board of Directors (the first DO to hold the position), played a key role in advancing the resolution. “This is a historic milestone in the advancement of the osteopathic medical profession around the globe,” he said. “The resolution’s passing is a significant win for osteopathic medicine.”

IAMRA is a global organization that promotes effective medical regulation worldwide by guiding the medical profession and supporting best practice, innovation, collaboration, and knowledge sharing in the interest of public safety. It counts 47 countries among its 113 members, and in addition to helping eliminate barriers to practice for DOs in IAMRA member countries, the resolution is expected to help facilitate DO and osteopathic medical student participation in faculty exchanges, global outreach projects and international research.

Achieving recognition through IAMRA’s global medical regulatory network, and through the AOA’s previous work with the World Health Organization and the International Labor Organization, helps to position the osteopathic medical profession at the forefront of medical care internationally and raise awareness about the benefits of the osteopathic medical model for many populations around the world. ■

MEDICAL BOARD EXPANDS MONITORING PROGRAM

The health and wellness of Ohio physicians and other providers is critical for safe patient care. Changes to state law that expand and modernize practices related to impaired practitioners were included in the state budget bill (HB 33), with the advocacy and support from the State Medical Board of Ohio (SMBO), the Ohio Osteopathic Association, and other provider groups.

The new laws and rules, which took effect October 2023, replace the SMBO's two prior pathways for non-disciplinary monitoring—the One Bite Program and the Alternative Program—and allow physicians to seek confidential help for mental, physical or substance abuse impairment. Under the Confidential Monitoring Program, any license holder or applicant is eligible as long as the

practitioner is not currently under a Board Order or Consent Agreement for impairment. Notably, with the new program, practitioners who relapse will be allowed to remain under confidential monitoring instead of it being a one-time opportunity.

The SMBO developed the new pathway in partnership with the Ohio Professionals Health Program (OhioPHP), a nonprofit originally established in the 1990s by and for the medical community. OhioPHP oversees and coordinates the Confidential Monitoring Program and is responsible to approve treatment centers and providers.

The OOA has long advocated for changes to allow for an individualized treatment plan tailored to the needs of the practitioner's specific condition. →

WELLNESS RESOURCES

Ohio Professionals Health Program

www.ohiophp.org • 614-841-9690

Encourages health care professionals to improve their health and well-being through educational and confidential programs.

Physician Support Line

www.physiciansupportline.com

Free, nationwide confidential telehealth service established by a DO.

Ohio Physician Wellness Coalition

www.ohiophysicianwellness.org

Provides resources address physician burnout by providing physician wellness initiatives.

Crisis Text Line Text HOME to 741741

Free, 24/7 support via text message.

988 Suicide & Crisis Lifeline

Dial 9-8-8 for a national network of local crisis centers that provides free, confidential emotional support to people in suicidal crisis or emotional distress 24/7.





State Medical Board of
Ohio



OhioPHP

CONFIDENTIAL MONITORING PROGRAM

WHAT IS THE CONFIDENTIAL MONITORING PROGRAM?

Effective October of 2023, the State Medical Board of Ohio (SMBO) is replacing the One-bite Program with a more comprehensive Confidential Monitoring Program that will allow more practitioners to receive confidential, non-disciplinary support. The SMBO has partnered with the Ohio Professionals Health Program (OhioPHP) to administer the new Confidential Monitoring Program.

WHO?

All SMBO licensees and applicants of the State Medical Board of Ohio who may have issues impacting their health and well-being. This includes:

- Substance use disorders
- Mental health disorders (new)
- Physical conditions (new)
- Other potentially impairing illnesses (new)

HOW?

If you or someone you know needs support for a mental health disorder, substance use disorder or another potentially impairing condition, you can connect directly with SMBO or OhioPHP to access screenings, assessments or referrals to treatment if deemed necessary.

WHAT IS THE ROLE OF THE SMBO?

In order to provide licensees with a therapeutic alternative to discipline that still protects the public, recent legislative changes have allowed the SMBO to create the Confidential Monitoring Program in collaboration with OhioPHP. The role of the SMBO is to ensure that practitioners are safe to practice and to intervene on licensees when safe practice is no longer possible.

WHAT IS THE ROLE OF OHIOPHP?

OhioPHP is a nonprofit organization that has served healthcare professionals for over 40 years. The OhioPHP team consists of highly qualified clinical professionals that can assist healthcare professionals with a variety of issues impacting their health and well-being. The role of OhioPHP is to provide care coordination for individuals that may include, screening, referrals for evaluation or treatment, and long-term disease management for chronic illnesses through therapeutic monitoring.

If you or a colleague needs help, contact OhioPHP.

✉ info@ohiophp.org ☎ 614-841-9690 🌐 OhioPHP.org

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Ohio Osteopathic Association
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Columbus, Ohio 43201-0130
ELECTRONIC SERVICE REQUESTED

PERIODICALS POSTAGE
PAID AT COLUMBUS, OHIO

Membership has its benefits

Advocacy for the advancement and protection
of DOs and a voice at the Ohio Statehouse

Deeply reduced registration rates for
osteopathic CME

Regular communication via email, website,
social media to provide information important
for you and your practice

Discounts on legal and other services

Free financial planning consultation

Student and resident support



www.OhioDO.org