

Buckeye Osteopathic Physician

The Quarterly Publication of
The Ohio Osteopathic Association
Summer 2015



2015 SYMPOSIUM REVIEW

Focus on innovative
ways to teach and
apply medical care



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Buckeye Osteopathic Physician

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On the Cover: Top: Sarah A. Flaherty, DO (left), Calvin James, PhD, and Dr. Flaherty's daughter Keely. Bottom from left: Keynote Speaker Alison Levine; Paul T. Scheatzle, DO, and Robert W. Hostoffer, Jr., DO; Kevin Swiatek, DO.

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+ *Recap:* THE OHIO OSTEOPATHIC SYMPOSIUM

By Jackie Mantey | Photos by John Sattler





“ Sometimes you are going to have to go backward to get where you want to be. Backing up is not the same as backing down.

—Alison Levine
Keynote Speaker



The first time Alison Levine climbed Mount Everest, she made it a mere 200 feet from the top. But before her team could touch the tip of the volatile rock they had spent months trying to reach, she turned them around.

“Sometimes you are going to have to go backward to get where you want to be,” she said. “Backing up is not the same as backing down.”

Dangerous weather conditions prevented the first all-female American Everest expedition, of which Levine was captain in 2002, from conquering its ultimate goal.

Now an adjunct professor at the US Military Academy, Levine speaks around the country about the metaphors the mountain gave her for success in sport, business and life.

Climb that mountain she eventually did. In 2010 she reached the summit of Mount Everest and became one of the few people in the world to complete the

Adventure Grand Slam, where athletes aim to visit each Pole and all seven continents’ highest summits.

“Give yourselves and your teams freedom to fail,” Levine said. “Nobody gets to the top of the mountain by themselves.”

Levine’s inspiring presentation was the capstone event of the 2015 Ohio Osteopathic Symposium, a five-day conference at the Columbus Hilton at Easton held April 22-26.

The conference, a collaboration between the Ohio Osteopathic Association and Ohio University Heritage College of Osteopathic Medicine, drew its largest turnout ever with total attendance of 800 — which

includes physicians, exhibitors, speakers, guests and 75 medical students. The week was dedicated to informative professional presentations on subjects that ranged from using technology to control diabetes to creating an empathetic but effective culture in the office and transforming the medical payment system to the benefits of long-term contraceptions. It also provided 32.5 hours of category 1-A credit.

Kenneth H. Johnson, DO, executive dean at Ohio University Heritage College of Osteopathic Medicine, gave the esteemed JO Watson lecture, titled *Leading the Medical Education Expedition*.

“We’re at truly historic moments in

CONTINUED ON PAGE 6



Page 4: Polar Explorer Alison Levine shared leadership lessons during her keynote speech, "On the Edge: The Art of High-Impact Leadership."

Page 5 top: A three-hour session about Ohio's new guidelines, rules, and legislation regarding pain management included speakers from the State Medical Board of Ohio, Ohio State Board of Pharmacy, Ohio Pharmacists Association, and pain practitioners.

Page 5 bottom: AOA President Robert S. Juhasz, DO, of Cleveland.



CONTINUED FROM PAGE 4

our profession,” Johnson said before outlining the Heritage College’s innovative strategies to offer a more comprehensive education for students and career physicians alike.

“How do we evolve our thought higher so we can have the learner add value to the health care system upon entry of it?” Johnson asked.

A few of the examples he gave for making the system even better than it already is: Creating a network-based academic health system that spans the state, incorporating technology like Cloud to transform care and to align with the rapidly changing (positive) public thought about osteopathic care and reconsidering how much authentic practice is required before students get their license.

On the Symposium’s second

evening, attendees gathered in the grand ballroom to watch *Alive Inside*, a documentary portrait of a social worker named Dan Cohen and his program Music & Memory.

After working with elderly patients throughout his career, Cohen decided to try something new. He began to interview dementia patients’ families about what kind of music they liked before the onset of the disease. He then made a playlist for each individual and just let them listen.

The results, as evidenced in the documentary, are astounding.

Because the part of our brains that responds to music is located in the area that is last to be affected by dementia’s deterioration, patient after patient responded positively. For those whom it didn’t help bring back memories, it

definitely helped improve their quality of life during the time they were listening.

“Can we change the way America ages?” *Alive Inside* asks.

Following the screening was a presentation by Nicole Barylski Danner, DO, a neurologist in Bellevue, Ohio.

She reported that by age 85, patients have a 50 percent chance of having some degree of Alzheimer’s Disease (AD), the most common form of dementia. About five percent of patients get early onset AD when they are younger than 65.

“Sometimes we’re so busy we forget to see warning signs like the spouse answering all the questions,” she said “It’s the people who don’t recognize they have a problem who have a problem.”

Patients are not going to like the diagnosis and there might be some



Page 6 left: Isaac Kirstein, DO, gave an update about the Heritage College Cleveland campus.

Page 6-7: Michael E. Dietz, DO, and Cynthia S. Kelley, DO, at the Ohio ACOFP Annual Meeting.

Page 7 top: The Symposium agenda included a screening of "Alive Inside," a documentary chronicling the experiences of patients revitalized through music.

Page 7 bottom: Dawn L. Sammons, DO, served as course director for a special workshop in dermatology.

denial from both the patients and their family members. Physicians should encourage them to get a second opinion, Danner said. Doing this helps build trust between the patient and the physician and lets you check your own work.

"When you tell them they're not going to be able to drive? Yeah, they're not going to like you. But I'm OK with that," Danner said. "I am nothing but honest with my patients. We have to tell these patients they have dementia."

While programs like the music therapy system in *Alive Inside* can help ease the pain of dementia or Alzheimer's disease, Danner said medication is still very important for these patients.

Anti-psychotics help slow the progression of the memory loss and, at times, is the only way to keep the

patient and their caregivers safe.

"They have more inducement function while they are on the medications," she said.

Danner also discussed the benefits of sugar, ketones and Axona dietary supplement, although many of these more natural remedies are not covered by health insurance.

Also not covered by health insurance? iPods.

In the movie *Alive Inside*, Cohen, the social worker behind the project, discussed how difficult it was to get coverage for the seemingly simple task of bringing personalized playlists to patients.

"My goal is to make this the standard of care," he said in the movie. "We have an overuse of psychotics. How can we fund this?"

It's difficult not to get excited about the

Music & Memory program after viewing *Alive Inside*. Watching patients like Henry, a 90-year-old man with dementia who had barely said a word in more than a decade, light up like a kid on the fourth of July after listening to Cab Calloway croon ("I didn't know I could talk so much," Henry said), is advertisement enough to get a program like this instituted in elder care facilities across the country.

"Music gives us something we hunger deeply for," Cohen says on screen. "It awakens our most profound sense of safety. It helps us live in concert with each other and with ourselves."

Following the movie and Danner's lecture, the Ohio Department of Aging's Bob Vines announced the department is backing the project in *Alive Inside* and is working to help

CONTINUED ON PAGE 8



Ohio University Heritage College of Osteopathic Medicine launched ohiowomen in medicine, a professional networking and mentoring group, at the Symposium.

CONTINUED FROM PAGE 7

nursing homes and assisted living care facilities to get certified in the Music & Memory program. He noted the program measures clinical data, such as reduction in psychotropic medications, pain and depression, and that nursing homes have a licensure requirement to participate in a quality improvement project. Vines also made a call for audience members to consider donating old iPods and other music devices to the program. The Advocates for the OOA (AOOA) took up his challenge and established it as a service project for the coming year.

The overall theme of mixing care, strength and medicine — thinking of new and innovative ways to teach and apply medical care — echoed throughout the week of programming. And that included caring for the caregivers, the attendees who often think so much of other people and not of themselves.

On Saturday morning, Leonard H. Calabrese, DO, of Cleveland Clinic, lectured on *Osteopathic Patient Centered Care in the 21st Century: Empathy, Mindfulness and Advanced Communications*.

“Mindfulness has biologic effects and results in less illness,” he reported. “It increases a body and mind’s resilience. ... We should all help support a culture of change that considers this.”

He went on to present Cleveland Clinic’s Stress Free Now education program, a six-week online course for reducing stress and increasing positive emotions. It’s all about real-life skills, learned in a realistic way — everyone can do it in their own free time.

The Stress Free Now for Healers is a new branch of the program recommended for caregivers, and Calabrese suggested providing the program for staff in audience members’ offices and for themselves. Users get helpful tools for mindfulness

practice like guided audio meditations, daily messages of encouragement and relaxation practice techniques.

“Why don’t zebras have ulcers?” he asked. “Because they live day by day.”

Whether climbing the mountain of improving medical education or helping patients conquer their own personal cliffs, osteopathic physicians have a responsibility to maintain and nurture their own education and personal health.

The 2015 Ohio Osteopathic Symposium helped them do just that.

“We must embrace our culture — we have something different to offer,” Johnson noted in his Watson lecture. “We must own primary care, we must be thought leaders and we must act now. We are stronger together.”



+ STUDENTS, RESIDENTS PRESENT POSTERS

The annual poster contest at the Ohio Osteopathic Symposium drew 74 abstracts with nine states and 10 colleges of osteopathic medicine represented. Originally started in 2003 as a statewide competition, the poster contest marked its fifth year as a regional event.

Competition was open to osteopathic residents, interns and medical students. Research posters were judged in two categories: clinical/biomedical (28 entries) and case reports (34 entries). Faculty, attendings and other medical educators exhibited 12 research posters that were ineligible to compete for cash prizes.

First and second place was awarded in each category, with two ties in the biomedical/clinical

division. The winners were Dharmal Vansadia, DO (Grandview Medical Center, Dayton) for *Risk Stratification and Complication Rate of 2-Team Simultaneous Bilateral Total Knee Arthroplasty: A Retrospective Analysis*; Andrew Vogel, OMS IV (Ohio University Heritage College of Osteopathic Medicine) for *Single Nucleotide Variants Associated with Chronic Clinical Isolates of Haemophilus Influenzae*; Olutayo Sogunro, DO (Mercy St. Vincent Medical Center, Toledo) for *Improving the Educational Quality of the Medical Student Rotation in General Surgery: A Quality Improvement Work in Progress* and *Detecting Accurate Tumor Size across Imaging Modalities in Breast Cancer*; Christopher Kieliszak, DO

(OhioHealth Doctors Hospital, Columbus) for *Submandibular Ductal Fistula: An Obstacle to Sialendoscopy*; and Maureen Cheung, DO (Western Reserve Hospital, Cuyahoga Falls) for *When Holding Your Breath Won't Cut It: A Surgical Approach to Intractable Hiccups*.

New this year, all osteopathic family medicine residents in an Ohio FM residency (ACGME or AOA) were eligible to compete for the Ohio ACOFP Poster Award. The award, which carried a \$750 prize, was won by Benjamin Bring, DO, a third-year resident at OhioHealth Riverside Methodist Hospital in Columbus, for *Functional Movement Screening and Injury Rates in Division III Cross Country Runners: A Prospective Observational Study*.

Explore Family Medicine Opportunities in the Buckeye State

Genesis HealthCare System has several employment opportunities for Family Medicine physicians throughout its six-county service area in Southeastern Ohio, serving a population of 230k. Headquartered in Zanesville, just 45 minutes east of Columbus via I-70, the system includes a not-for-profit hospital, multiple outpatient centers, 3,000 employees, and an extensive network of over 300 physicians representing most specialties.

This family-friendly region offers the perfect work-life balance of suburban and rural settings with easy accessibility to the big-city amenities in Columbus, Cleveland or Pittsburgh.

Genesis is looking for dedicated Family Medicine physicians to expand its network of primary care practices and provide access to excellent clinical care in a variety of community settings.

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+ DOs HONORED AT SYMPOSIUM

Ohio DOs are doing incredible work for the profession, their patients and their communities. Those accomplishments were recognized during the Ohio Osteopathic Symposium when the Ohio Osteopathic Association (OOA), Ohio University Heritage College of Osteopathic Medicine Society of Alumni and Friends (OU-HCOM), Ohio State Society of the American College of Osteopathic Family Physicians (Ohio ACOFP) and Advocates for the Ohio Osteopathic Association (AOOA) presented their highest honors.

Congratulations to all of these remarkable individuals who have demonstrated commitment to quality health care and dedication to the osteopathic profession.

Life Members, Class of 2015

John C. Biery, DO
 Gary A. Dunlap, DO
 Charles J. Kistler, DO
 Charles S. Resseger, DO
 Naomi F. Wriston, DO
 Charles J. Zeller III, DO
 V. George Zochowski, DO



John F. Uslick, DO
Canton
 OOA Distinguished Service Award

- Champion for the profession and osteopathic medical education throughout his career.
- Held every officer position in the OOA, including a term as president.
- Integral part of establishing health policy as speaker of the OOA House of Delegates.
- Expert in parliamentary procedure and manages the House with authority and humor.



Timothy D. Law, Sr., DO
Athens
 OOA/Osteopathic Heritage Foundations George L. Eckert, Jr., DO, Mentor of the Year

- Encourages students to seek out service projects and research opportunities.
- Lives his convictions and has a sense of purpose.
- Genuinely concerned for the well-being of his students, patients and colleagues.
- Inspires students to choose primary care and work in rural areas.



Wayne R. Carlsen, DO
Athens
 OOA Trustees Award

- Embodies the character and excellence that define the osteopathic profession.
- Advances osteopathic medicine through service to the profession and quality geriatric care to patients.
- Strong commitment to Heritage College students.



Richard A. Vincent, MBA
Columbus
 OOA Meritorious Service Award

- Visionary leader with a longtime commitment to improving the health and quality of life in the community.
- Active and effective support of osteopathic education and research.
- Steadfast champion of the profession.



Jeffrey A. Kempf, DO
Akron
 OOA M. Bridget Wagner, DO, Humanitarian Award

- Advocate for children who lack adequate health care.
- Role model for compassion and selflessness.
- Developed programs in Akron and Haiti to provide cardiothoracic surgical care for pediatric patients.



Kenneth H. Johnson, DO
Athens
 OOA/Osteopathic Heritage Foundations JO Watson, DO, Memorial Lecture Award

- National leader in osteopathic and primary care medical education.
- Guides the profession as it reinvents graduate medical education as part of the single accreditation system.
- Has led the historic transformation of the Heritage College since coming to Ohio in 2012.



Robert L. Hunter, DO
Dayton
 Ohio ACOFP Family Physician of the Year

- Dedicated advocate and leader of the profession at the local, state and national levels.
- Inspires and encourages those around him to strive for excellence.
- Skilled clinician admired by his patients, peers, students and staff.



Anthony G. Chila, DO
Athens
 Ohio ACOFP Distinguished Service Award

- Emulates the osteopathic profession's highest standards of excellence.
- A leader in OMM, with extensive national and international requests for his teaching and lecturing.
- Significant impact on the profession through OMM and his work with students.



Alex S. Tsai, DO

Columbus
Ohio ACOFP Young Family
Physician of the Year

- Active in organized medicine since residency.
- Looks for ways to get medical students involved with the profession.
- Recruits physicians to serve in leadership positions at the local level.



Charles R. Fisher, DO

Columbus – Doctors Hospital
Ohio ACOFP Family
Medicine Resident of the
Year

- Counselor to and advocate for residents and students.
- Respected leader who focuses on bettering the team.
- Dedicated to osteopathic family medicine and providing quality patient care.



Delores Angel

Cincinnati
AOOA Osteopathic Spirit
Award

- Lifelong advocate for the osteopathic medical profession.
- Personifies the osteopathic spirit of caring.
- Dedicated service to the AOOA with many years on the board and in leadership roles.



Mark A. Foglietti, DO

Cleveland
OU-HCOM Medal of Merit

- Distinguished leader in plastic and reconstructive surgery, holding three US patents.
- Exemplary leadership and commitment to osteopathic medicine.
- Outstanding surgical skills and exceptional bedside manner.



SEVEN PHYSICIANS INDUCTED INTO OOA MENTOR HALL OF FAME



In 2013, the OOA Board of Trustees established the Mentor Hall of Fame to recognize all physicians nominated for the George L. Eckert, Jr., DO, Mentor of the Year Award. This year, six DOs and one MD were nominated and inducted. These physicians have invested time and energy to help students and residents reach their full potential. They are working with the future generation of osteopathic physicians to become active, practicing, quality members of the medical community.

Robert R. Brightwell, DO

Columbus, Surgery

Sarah A. Flaherty, DO

Columbus, Anesthesiology

M. Shay O'Mara, MD

*Columbus, Trauma and Acute
Care Surgery*

Andrew J. Croak, DO

Maumee, Urogynecology

Timothy D. Law, Sr., DO

2015 Mentor of the Year
Athens, Family Medicine

Daryl R. Sybert, DO

New Albany,
Orthopedic Surgery

Andrew K. Culver, DO

Akron, Emergency Medicine



George Thomas, DO

Cleveland
OU-HCOM Honorary
Alumnus

- Dedicated advocate for the profession, for the college and for osteopathic medical education.
- Strong commitment to quality in patient care throughout 40-plus years of exemplary service as a family physician.
- Role model and mentor for students and residents.



Katherine J. Kropf, DO

Athens
OU-HCOM Recent Graduate
Award

- Exemplary service to her patients and students at the Heritage College.
- Always looking for ways to advance the osteopathic profession.
- Goes above and beyond for her patients and students.



Top: Eric B. Miller, DO (center) and Simeon J. Hain, DO, led an OMM session. Bottom right: William G. Paloski, DO, of Youngstown, was one of the winners in a raffle drawing sponsored by the Advocates for the OOA. Bottom left: Mary Applegate, MD, chief medical officer at Ohio Department of Medicaid.

+ KELLEY INSTALLED AS OHIO ACOFP PRESIDENT

Cynthia S. Kelley, DO, was installed as president of the Ohio Society of the American College of Osteopathic Family Physicians April 22 during the organization's annual meeting at the Symposium. ACOFP President Kevin deRegnier, DO, of Iowa, attended the event and provided an update from a national perspective.

Kelley is osteopathic director of medical education at Summa Health System's Akron City Hospital, where she is also associate director of the family medicine residency program. She holds two faculty positions, clinical assistant professor with Ohio

University Heritage College of Osteopathic Medicine, her alma mater, and assistant professor for Northeast Ohio Medical University (NEOMED).

Last year, she accepted the position of OU-HCOM ACGME Transition Team Physician Lead. Since then, she has presented many times and written several papers about the future of graduate medical education and the impact of the single accreditation system. Kelley authored *Impact of the Single Accreditation System on GME Workforce and Governance*, which was published in

the *Journal of the American Osteopathic Association*. She also coauthored a book with her dad, D. Gary Benfield, MD, a neonatologist, entitled *Prescription Drugs in Pregnancy: Your Guide to Fetal Risk for Hundreds of Drugs*.

Kelley graduated from the American Osteopathic Association Health Policy Fellowship and completed a fellowship in academic medicine at NEOMED. She serves on the AOA Bureau of Osteopathic Education and the clinical subcommittee of the Ohio Governor's Cabinet Opiate Action Team.



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Top: The Osteopathic Poster Competition and Exhibition, held annually at the Symposium, drew 74 entries from nine states. Participants gain valuable research exposure and presentation experience while networking with judges who are osteopathic researchers and clinicians. Bottom right: Timothy D. Law, Sr., DO (second from right) with students (l-r) Rishi Patel, Katelyn Tondo-Steele and Julius Musenze. Bottom left: Heritage College Student Government Association President Andre B. Bown, OMS II.

SYMPOSIUM EXHIBITORS

The Exhibit Judging Committee of Roberta J. Guibord, DO; Lili A. Lustig, DO; and Nicole E. Rothfusz, OMS II, evaluated the displays and determined three winning vendors: Amarin Pharma, Otsuka America Pharmaceutical and Valeritas. Physicians who visited the trade show and obtained exhibitors' signatures were entered into a drawing for cash prizes.

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OOA President Robert W. Hostoffer, Jr., DO (left) is congratulated by his predecessor Paul T. Scheatzle, DO.



Hostoffer Installed as OOA President

Avid rower wants OOA members to PULL together

Robert W. Hostoffer, Jr., DO, of Cleveland, was installed as 2015-2016 president of the OOA at a special ceremony and luncheon on April 24 during the Ohio Osteopathic Symposium.

Hostoffer, a nationally recognized expert in allergic and immunologic disorders affecting both children and adults, has been a leader in the profession throughout his career. He is a past president of the American College of Osteopathic Pediatricians (ACOP), Cleveland Academy of Osteopathic Medicine and Cleveland Allergy Society.

The recipient of many awards, he was given honorary fellow status in the American College of Osteopathic Internists, and was named the ACOP Pediatrician of the Year and "Top Doc" in *Cleveland Magazine* multiple times.

Hostoffer graduated from Philadelphia College of Osteopathic Medicine in 1985 and then completed his residency training at Doctors Hospital in Columbus and fellowship training at the University of Alabama. His undergraduate degree is from John Carroll University, where he currently serves on the board of directors.

An advocate for scholarly work and research, Hostoffer has written numerous articles that have been published in

scientific journals. He also lectures on a frequent basis.

In addition to leading the profession, Hostoffer, a rower since high school, captains a four-man boat and has won gold and silver medals in several regattas in the Cleveland area.

Inspired by his passion for rowing, he has adopted "Let's PULL Together" as the theme for his presidential term. The acronym stands for Pride, Unity, Loyalty, Legacy.

During his installation speech, Hostoffer talked about a specific incident while rowing a few years ago on the Cuyahoga River in a four-man boat: "My crew encountered a storm. And as the storm rolled in, sand from cement piles blew into our faces and we were rendered sightless. We got back to the shore only by trusting the voice of our coxie and hearing the rhythm of the oars hitting the oarlocks — all of them in synchronicity, and knowing if we heard each other and changed that to action, we would get back to the dock safely." He explained that when rowing, it's important for the oars to go in and out of the water together for the boat to remain balanced and move forward. "We can use that analogy for the OOA," he said. "We need all of us PULLing together for a common goal to unite and strengthen the future of the osteopathic profession in Ohio."

Grace Brantingham, OMS III, was among the dozen students who attended the OOA House of Delegates.



Annual Policy Meeting held at Symposium

One resolution sent to AOA House of Delegates for national approval

The OOA House of Delegates met April 24-25 during the Ohio Osteopathic Symposium. Physician-delegates representing the OOA's 10 districts approved 23 resolutions, including new policy statements about independent practices in rural health, food allergies and sensitivities, medical professionals' mental health and physician scientist residency training. One of the resolutions was approved to send to the AOA House of Delegates for national consideration.

During the Symposium, Robert W. Hostoffer, Jr., DO, of Cleveland, was installed as the 109th OOA president. Other elected officers included: President-elect Geraldine N. Urse, DO, of Columbus; Vice President Sean D. Stiltner, DO, of Piketon; and Treasurer Jennifer J. Hauler, DO, of Dayton. Immediate Past President Paul T. Scheatzle, DO, of Canton, remains on the Executive Committee as past president.

Speaker of the House John F. Uslick, DO, of Canton, and Vice Speaker David A. Bitonte, DO, MBA, MPH, presided over the meeting. Both were re-elected to another term.

The House also elected Robert L. Hunter, DO; M. Terrance Simon, DO; and Gilbert S. Bucholz, DO, to the Ohio Osteopathic Foundation Board of Trustees and voted for a

full slate of physicians to represent Ohio at the AOA House of Delegates in July.

Three committees met on the first day of the House session to evaluate each resolution and conduct a five-year review of existing policies. Committee chairs then provided a report the following day to the entire House.

Douglas W. Harley, DO, of Akron, chaired the Professional Affairs Committee and the following served on the panel: Jennifer L. Gwilym, DO; Edward E. Hosbach II, DO; Robert W. Hostoffer, Jr., DO; Darren J. Sommer, DO; and Jon F. Wills.

The Public Affairs Committee was led by Cleanne Cass, DO, of Dayton, and the following served on the committee: Peter A. Bell, DO; Andrew B. Bown, DO; Michael E. Dietz, DO; Luis L. Perez, DO; and Cheryl Markino.

Henry L. Wehrum, DO, of Columbus, chaired the Ad Hoc Committee. Members of the committee included: Melinda E. Ford, DO; Gordon Katz, DO; Lili A. Lustig, DO; Charles D. Milligan, DO; and Carol Tatman.

John F. Ramey, DO, of Sandusky, chaired the Credentials Committee.

Next year's House of Delegates will again be held in conjunction with the Symposium.

+ *The New Age of Osteopathic Research in Ohio from the Student Perspective*

By Ian Ackers, OMS III, and Alexander Pennekamp, OMS III

The increasing value of research in osteopathic medicine has never been more apparent or pressing. Aside from the inherent reward of fulfilling our obligation to better the practice of medicine, the ability for students and residents to excel in a post-single accreditation landscape may very well require pursuit of scholarly work.



Currently, the graduate medical education landscape in the United States is undergoing a historic change as American Osteopathic Association accredited training programs transition to a new, single system through the Accreditation Council for Graduate Medical Education (ACGME). And while ACGME requirements will play their part in boosting the priority of research for residency programs, we, more importantly, have seen a paradigm shift among students and residents: We want to do research.

Grace Brannan, PhD, research executive director at the Centers for Osteopathic Research and Education (CORE), confirms the growing interest. “Students have changed over the years... 10 years ago only a handful

were interested in research,” she said. “Today, when I ask about who plans on doing research, every hand in the auditorium goes up.” In fact, the 5th Annual Osteopathic Poster Competition held at the Ohio Osteopathic Symposium in April drew a record number of students and residents.

To meet this demand, multiple research programs have developed over the years, ranging from summer research programs on campus at Ohio University Heritage College of Osteopathic Medicine (OU-HCOM) and in CORE hospitals to additional degree curriculum tracks like the DO/PhD program.

A summer fellowship at Grandview Medical Center in Dayton and the DO/PhD program at OU-HCOM allow medical students the opportunity to

become involved in research over the summer between first and second year — albeit in very different ways. These two noteworthy programs have been frontrunners by exemplifying how student passion for research can be harnessed to catalyze otherwise time-consuming lab and clinical research respectively.

OU-HCOM’s DO/PhD program is a significant commitment, requiring seven years to complete. It combines training in both medicine and research for those interested in becoming physician-scientists. The first two years are spent studying medicine and participating in real patient clinical experiences while also narrowing down research interests. Upon completion of the second year, students spend



Ian Ackers, OMS III, presents his poster to OOA President Robert W. Hostoffer, Jr., DO, at the Ohio Osteopathic Symposium.

three years pursuing doctoral studies while continuing to participate in the clinic with patients. Students then go to a CORE hospital to complete the final two years of clinical training. OU-HCOM's program is unique in that research training and clinical coursework is integrated during years one through five. This integrative philosophy strategically teaches students how to balance both clinical and research responsibilities. It is a valuable skill and prepares students for a career as a physician and a scientist.

In addition to an integrative curriculum, there is a benefit to having protected research time (during years three-five) in order for students to expand and develop their research and investigative skills. Dual degree

students are expected to complete a research project between years one and two of medical school, promoting early exposure to the research process.

Ian Ackers, a current DO/PhD student, said early exposure to research is important. "I believe that without the dedicated research time between my first and second year of medical school I would not have been able to generate enough data to present at the Ohio Osteopathic Symposium," he said. "I think that we need to expand opportunities to students who want to be involved in research. The desire is there. Many students have great ideas but do not know what resources are available to follow that idea."

However, not every student has the interest to extend medical training.

Luckily there is a program that offers similar opportunities for research experience: the Grandview Orthopedic Surgery Research Summer Internship.

The Grandview program hybridizes a research and audition rotation, allowing three second-year medical students to pair one-on-one with three fifth-year chief residents. For one month, these medical students attend morning report, scrub in for surgery and get a first-hand perspective of life as a resident. Throughout the month, the student works with the resident on a research project. Herein exists a symbiotic advantage: Medical students get the precious opportunity to learn directly from residents and residents save hours by training students and

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Douglas W. Harley, DO, Shelby K. Raiser, DO, and Gregory Hill, DO, judged entries at the 2015 Osteopathic Poster Research and Exhibition.

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delegating research tasks. Not only do medical students get the insight of personalized training in their field of interest, but the program's mechanism of success is its ability to reduce burden to residents by creating a teacher-student dynamic. Medical students are not merely sent a list of research tasks, they are challenged to learn what makes good research, how to navigate the Institutional Review Board (IRB) and how research integrates into clinical medicine. Thus, the Grandview Orthopedics program succeeds not as a mere time-saving tactic, but rather it instills a culture of research in both current and future residents.

Dan Kana, OMS III, who completed the program last summer said it was a valuable experience. "I saw what it takes to pursue research while still balancing the demands of being a resident," he said. "I see how important it is to have a strong research basis to practice good medicine. I can't imagine a better way to have spent my summer."

By leveraging student interest and capitalizing on summer time, it is clear the Grandview Orthopedics internship could serve as an archetype for future

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**—Grace Brannan, PhD, Research Executive Director
Centers for Osteopathic Research and Education**

programs. While the Grandview program was the first, the CORE hospital system now lists several other offerings, the most notable through OhioHealth's Grant Medical Center in Columbus. While some administrators may resist the impending ACGME research emphasis, others who choose to embrace these requirements as an opportunity might consider how taking on summer medical students could benefit their program.

It is clear that now more than ever research has its place as a primary focus for today's osteopathic medical training. Whether it be a month-long intensive summer research program or a seven-year commitment pursuing a

dual degree, these research programs have proven their effectiveness at preparing students for integrating scholarly work and evidence into the study and practice of osteopathic medicine. However, as student interest far outstrips the supply of research, there is room for expansion. As the culture of research grows within our community in Ohio, it will become the individual responsibility of each osteopathic physician and medical student to stay innovative. Opportunities to improve practice through research will be born from the creativity of those program directors, residents and solo physicians who take a chance on enthusiastic medical students.

OHIO DOs IN THE NEWS

Deaths in the Family

OOA Life Member **Richard M. DeBard, DO**, of Centerville, died March 3, 2015. He was 91 years old.

DeBard graduated from the University of Dayton and Des Moines University College of Osteopathic Medicine. He served his internship at Grandview Hospital and then practiced family medicine in Centerville for 36 years.

An accomplished pianist, he started his professional music career at age 14 with the Michael Hauer Orchestra, of which he was the last surviving member.

He was a veteran of WWII and served with the 517th Paratroop Combat Team in Europe.

In addition to the OOA, he maintained memberships in the American Osteopathic Association, American Medical Association and American College of Osteopathic Family Physicians.

DeBard is survived by his wife of 66 years, Joella, three children, eight grandchildren and four great grandchildren.

Memorial contributions may be made to Hospice of Dayton.

OOA Life Member **Richard A. Josof, DO**, died April 10, 2015, after a year-long battle with cancer. He was 78 years old.

A longtime resident of Akron, Josof practiced orthopedic surgery there for nearly 30 years. In 1973, he founded North Hill Orthopedics, a private practice. Today the practice continues as North Star Orthopedics. In addition, he helped establish the orthopedic surgery residency program at Cuyahoga Falls General Hospital in 1974. Over the years, the program, now located at Western Reserve Hospital, graduated more than 50 orthopedic surgeons. He

also served on the hospital board of trustees and as chair of the Department of Orthopedics.

Josof graduated from Des Moines University College of Osteopathic Medicine and Surgery and completed his internship and residency at Detroit Osteopathic Hospital.

He retired in 2002 and moved to Hobe Sound, Florida, in 2006.

Among his survivors is his wife of 51 years, Renee Victoria Owen Josof.

Memorial donations may be made to St. Christopher Catholic Church, Hobe Sound, Florida, or to Treasure Coast Hay-Madeira & Harper Hospice Houses, Stuart, Florida.

Daniel E. Konold, DO, 53, died May 14, 2015. He resided and practiced family medicine in Canal Winchester.

The 1988 graduate of Ohio University College of Osteopathic Medicine volunteered his time to many organizations. He was a team physician for Canal Winchester High School for many years and was a current member of the Canal Winchester Planning and Zoning Commission where he spearheaded the village's acceptance of special golf carts on neighborhood streets.

He had a lifelong passion for golf and was dedicated to physical fitness. Konold was known for his amazing memory for jokes.

He is survived by his wife, June; daughters, Anna and Sara; a large extended family; and his golfing buddies.

Memorial contributions may be made to Canal Winchester Human Services.

William E. Shiels II, DO, 61, of Dublin, died May 5, 2015, from pancreatic cancer.

Shiels, who was chief of the Department of Radiology at Nationwide

Children's Hospital in Columbus, pioneered techniques using ultrasound to treat tumors and cysts. He was also known for using the technique to treat abnormal clusters of blood vessels.

In addition, Shiels applied the same ultrasound techniques to treat children who had embedded items into their skin, allowing them to avoid surgery.

He was the recipient of numerous awards including the Society for Pediatric Radiology (SPR) Gold Medal Award, the SPR Pioneer Award and a grant from the Department of Defense to teach new interventional radiology techniques to aid in the removal of shrapnel in wounded veterans.

He served as an army physician for more than 12 years, including a term as the radiology consultant to the Army Surgeon General.

Shiels graduated from Philadelphia College of Osteopathic Medicine.

Memorial donations may be made to Nationwide Children's Hospital to support an endowed chair in his name to continue his research or to the Pancreatic Cancer Action Network.

Physician News

Bernard E. Master, DO, of Columbus, chronicled his adventures as a medical professional, businessman and legendary birder in his book *No Finish Line, Discovering the World's Secrets One Bird at a Time*. A lifelong birder and internationally recognized conservationist, Master has a long history of sharing his world birding. His travels span six continents and 105 countries over the last four decades. He is the first American to see a representative from each of the 229 world bird families and has a world bird total of 7,800 species, placing him in the top 10 American birders. 🐦

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Robert W. Hostoffer, Jr., DO, OOA President, 2015-2016