I. Curriculum Description
During the OMS-4 year, students complete two medical selectives, one surgical selective, one Emergency Medicine rotation and also have the opportunity to explore those specialties that are of particular interest through 5 electives. The OMS-4 structure helps to prepare students for the process of life-long, self-directed learning and study that will be required for the remainder of their medical careers.

The OMM curriculum is integrated into the OMS-4 year to ensure that students continue to learn and practice Osteopathic Principles as well as to demonstrate how to incorporate these principles into the appropriate care of patients in the clinical setting. Curriculum integration occurs through both didactic and practical curricular components.

II. Curriculum Goals and Objectives
The end-of-rotation evaluation completed by your preceptor is based on clinical core competencies. These core competencies reflect student performance in 6 key areas: communication, problem solving, clinical skills, medical knowledge, osteopathic medicine and professional and ethical considerations.

The OMM component of the end-of-rotation evaluation is based on your performance in the OMM core competency as described below.

Osteopathic Manipulative Medicine - the student should demonstrate the following skills in regards to osteopathic manipulative medicine

1. Apply osteopathic manipulative medicine successfully when appropriate
2. Perform and document a thorough musculoskeletal exam
3. Utilize palpatory skills to accurately discern physical changes that occur with various clinical disorders
4. Apply osteopathic manipulative treatments successfully

In addition to the OMM Core Competencies noted above, students should also meet the following Clinical Performance Objectives:

1. Demonstrate competency in the understanding and application of OMT appropriate to each of the core medical specialties. This is achieved through active participation of students in patient care activities in the hospital and at ambulatory sites. Students must demonstrate their knowledge of OPP during the course of patient assessment and management which includes preceptor supervised performance of OMM skills specific to the clinical site and patient condition.
2. Students must integrate Osteopathic Concepts and OMT into the medical care provided to patients where appropriate. Over the course of the third and fourth year, students should assume increasing responsibility for the incorporation of osteopathic concepts in patient management.
3. In addition to Osteopathic manipulation, students must understand and integrate additional Osteopathic Principles and Philosophy into their clinical and patient care activities. Students should:
   a. Utilize caring, compassionate behavior with patients.
   b. Demonstrate the treatment of people rather than symptoms.
   c. Demonstrate understanding of somato-visceral relationships and the role of the musculoskeletal system in disease.
   d. Demonstrate listening skills in interaction with patients.
   e. Demonstrate knowledge of and behavior in accordance with the Osteopathic Oath and AOA Code of Ethics.

III. Requirement Design
An important component of student medical education during the OMS-4 year involves the continued application of OMM principles and techniques learned in the prior 3 years to patient assessment and management. The integration of OMM into patient care occurs at the bedside with the precepting physician.

While students are required to attend 10 hours of OMM hands on education, they are encouraged to attend all OMM workshops either in their assigned region or at a VCOM campus. Unless the student has been confirmed as a table trainer by the OMM chair or OMM administrative assistant prior to the workshop, they should otherwise participate as a student attendee.

In keeping with structure of the OMS-4 year, which allows students increased flexibility in their learning and prepares them for the process of life-long, self-directed learning and study, OMS-4 students have a number
of different options by which they can meet the OMS-4 hands-on OMM requirements. The options for meeting these requirements are described below.

All OMS-4 students must attend a minimum 10 hours of dedicated hands-on OMM instruction during their fourth year which may be accomplished by a combination of the following:

1. Attending on-site end of rotation OMM workshops in the clinical regions (or corresponding end of rotation workshop at a VCOM campus) – each workshop is worth 2 hours of credit. Thus, students could meet the requirement of 10 hours by attending 5 end of rotation OMM workshops. The dates for end of rotation workshops held at VCOM campuses may be found in the table below. Regional clinical sites may hold workshops at dates and times different than those held at VCOM campuses. Students who choose this option must be prepared to serve as a table trainer for the OMS-3 students, assisting at the direction of the precepting physician during the workshop. Preparation will require reading and review of the topic to be covered in the workshop as well as viewing any assigned videos on VCOM TV pertaining to the techniques that will be practiced. Students choosing to attend a workshop to obtain hours for meeting OMM requirements must contact the OMM Chair or administrative assistant (for on-campus workshops) or site coordinator (for regional on-site workshops) at least two weeks prior to the workshop they wish to attend to confirm adequate space, the curriculum being covered and any additional preparation the student should complete prior to the lab. **Maximum obtainable hours – 10**

2. Attending one OMM classroom lecture/laboratory session held at a VCOM campus. Students are expected to attend both the lecture and the lab session in order to get credit but will only get credit for the amount of time spent in lab. Lab sessions typically last 4 hours. If a student is not able to participate for the full 4 hours then only the number of hours attended should be logged. Students who choose this option must be prepared to serve as a table trainer for the OMS-1 or OMS-2 students, assisting at the direction of precepting physicians during the lab. Preparation will require attending the associated lecture and may require additional reading or viewing videos on VCOM TV pertaining to the techniques that will be practiced. Students attending an OMM lab session to obtain hours for meeting the OMM requirement must contact the OMM chair or administrative assistant at the appropriate campus at least 2 weeks prior to the lab they wish to attend to confirm adequate space, the curriculum being covered and any additional preparation the student should complete prior to the lab. There is a limit on the number of OMS-4 students allowed to attend an OMS-1 or OMS-2 lab and OMS-4 students need permission ahead of time to attend the lab due to capacity. This option can only be used once to obtain OMS-4 hands-on OMM hours. **Maximum obtainable hours - 4**

3. Attendance of OMM hands-on lectures, workshops and/or labs at a VCOM recognized conference such as those organized by AOA, SOMA, AAO, SAAO, state level Osteopathic organization or other approved conference. **Maximum obtainable hours - 10**

4. Completion of an elective rotation in Osteopathic Manipulative Medicine. **Maximum obtainable hours - 10**

5. Students on selectives or electives in hospitals with AOA residency training may attend lectures and workshops provided in conjunction with these training programs and receive credit based on the number of hours attended. Students will be required to provide documentation of attending these lectures/workshops such as through a signed educational experiences log or letter from the program director, DME, DSME or administrative DME. **Maximum obtainable hours - 10**

Other means of satisfying the OMM hands on education requirement may be deemed appropriate by each college dean or OMM chair as needed.

Students will log completion of at least 4 out of the 10 required hours by January 1 of the academic year. Students will complete all of the 10 required hours no later than 3 weeks
prior to graduation. Any student who does not successfully complete and submit
documentation of OMM practical/hands-on requirements on time will be called to
promotion board. This may result in a delay in graduation, development of required
remediation or other disciplinary action.

IV. Texts

Reading assignments OMS-4 year:

i. Systemic Dysfunction: Osteopathic Manipulative Techniques, pp. 189-233
ii. Foundations: Chapter 51, Lymphatic Approach, pp.786-807
iii. Foundations: Chapter 36, Postural Considerations in Osteopathic Diagnosis and Treatment, pp. 437-480
iv. Foundations: Chapter 61, Large Joint Injury in an Athlete, pp.946-951
v. Foundations: Chapter 65, Adult with Myalgias, pp.974-978
vi. Foundations: Chapter 56, The Adult with Chronic Pain and Depression, pp.903-908
viii. Systemic Dysfunction: EENT Dysfunction, pp. 1-19
ix. Systemic Dysfunction: Upper GI Disorders, pp.79-93
x. Systemic Dysfunction: Irritable Bowel Syndrome, pp. 109 -122

• Additional reading assignments for fourth year, along with those assigned during the OMS-3 year, will result in completion of clinically relevant parts of the textbooks over the OMS-3 and OMS-4 academic years.
• Self-directed learning, by nature, requires that students read, review and study those topics that relate to the patients they are caring for during their specific rotations and in their fields of chosen interest.
• The OMM curriculum supports fourth year students in self-directed learning by also providing them with access to approximately 30 videos on OMM specific topics, recorded by VCOM faculty and available on VCOM TV, for students to review. In addition, students are encouraged to continue to review the ACOFP OMT videos online to further reinforce OMT topics.

V. Course Grading and Requirements for Successful Completion

A. Requirements
a. Attendance at OMM hands-on workshops or their equivalent for a total of at least 10 hours.
b. Completion of required reading assignments
c. Submission of the required OMM Educational Experience Log on the VCOM Portal to include:
   • OMM didactic lectures presented at their clinical sites by attending physicians, resident presentations, grand rounds, journal clubs, and morning reports.
   • VCOM OMM hands-on workshops attended during their OMS-4 year at their clinical sites. Descriptions of these workshops should include supervising physician and/or table trainer as well as the topics covered and/or procedures performed.
   • Any additional didactic or hands on OMM experiences students participated in as part of an educational or organizational conference (AOA, AAO, VOMA, SOMA, SAAO, ACOFP, Sports Medicine, etc.)