

OST 595 – Modern Applications of Osteopathic Science

Spring Semester - 2024

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Notice to Students: Although Elective syllabi at MSUCOM have a consistent format; vitally important details differ by Elective. For this reason, you must read the syllabus thoroughly at the onset of each elective to understand what educational activities will be provided and what is expected of you.

Section 1 – Course Information

Elective Description

Modern Applications of Osteopathic Science is a 1 credit hour course that provides students with an opportunity to consider aspects of Osteopathic care that are separate from Osteopathic Manipulation. This will help Osteopathic medical students form a category for their distinctive place in healthcare. Osteopathic Science is the body of clinical research that supports the tenets of Osteopathy. It focuses specifically on mechanisms of self-healing in the physical, emotional, mental, and spiritual realms of health.

Course Goals

1. Course participant will define the discipline of Osteopathic Science
 - a. Course participant will know the Tenets of Osteopathy and how they relate to forming a scientific discipline and critical thinking.
2. Course participant will review examples of science-based healing interventions that do not include drugs or surgery and heal with the Tenets of Osteopathy. These examples include:
 - a. Critical Thinking Project Kick-Off. The Intermittent Fasting Question. (Pohlod & Restini)
 - b. Science of Functional Nutrition (Keeping Young Athletes Healthy) (Pohlod)
 - c. Science behind gut microbiome (Matt Zarkin)
 - d. Diet and Exercise (Mari Douma)
 - e. Summary of Breath by James Nestor. (Lecturer to be determined)
 - f. Intermittent Fasting Presentations and Decision-making. (Group)
 - g. Trauma Part 1: Introduction to ACE Science (Divorce as Case Study) (C. Pohlod)
 - h. Trauma Part 2: Introduction to Non-Pharmaceutical Trauma Therapies (EMDR, IFST and Polyvagal Theory) (C. Pohlod)
 - i. Trauma Part 3: Spiritual Considerations (Anatomy of the Soul) (C. Pohlod)

Course Director

(Note - Preferred method of contact is shown in italics)

Name: Chris Pohlod, DO.

Phone: 817-522-8213 (text first please)

Email: pohlodch@msu.edu (preferred method)

Address: 547 B West Fee Hall, East Lansing, MI 48824

Staff or Student Coordinator

Name: Beata Rodriguez

Email: rodri583@msu.edu

Instructors

Name	Email	Phone	Site
Chris Pohlod, D.O.*	pohlodch@msu.edu	517-353-9110	EL
Mari Douma, D.O.	douma@msu.edu	517-355-1855	EL
Matt Zatkin, DO, M.S.	zatkinma@msu.edu	517-353-9110	EL
Raquel Richie, PhD*	rritchie@msu.edu	586-263-6296	MUC
Carolina Restini, PharmD, PhD*	restinic@msu.edu	517-353-7145	DMC & MUC
Terri Hammer, DO * Site Course Coordinator	hammert@msu.edu	313-505-5909	MUC

Lines of Communication

- For administrative aspects of the Course: contact the course director.
- For content questions relating to a specific lecture or topic: contact the faculty presenter for that specific portion of the course or your SE MI on-site instructor.
- For absences/missed exams (see excused absence information below)

Office Hours

Questions concerning the course may be discussed individually by making an appointment with the Course Director, *Dr Pohlod*, 965 Wilson Road Room A 439, East Fee Hall, by phone at 517-353-9110 or via e-mail: pohlodch@msu.edu. The course director is generally available *Friday mornings* or by appointment.

Textbooks and Reference Materials

Required (none)

Recommended

- *The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity* (Nadine Burke-Harris) ISBN10: 132850266X
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* (Bessel van der Kolk) ISBN10: 0143127748
- *The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally (The Code Series)* (Jason Fung and Nina Teicholz) ISBN10: 9788417030841
- *10% Human: How Your Body's Microbes Hold the Key to Health and Happiness* (Alanna Collen) ISBN10: 0062345990
- *Osteopathic Medicine: A Reformation in Progress 1st Edition* (R. Michael Gallagher DO, Frederick J. Humphrey II DO) ISBN10: 0443079919
- *Breath: The New Science of a Lost Art* (James Nestor) ISBN 10: 0593191358
- *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe* (Stephen W. Porges) ISBN10: 9780393707878

Optional (none)

Elective Schedule

This elective is presented for 9 consecutive weeks. General scheduling for the educational activities of this elective are as follows:

Day/Date	Times (if applicable)	Required Activities	Specific Information
Week 1 (1/18)	5:00-6:30	Attend lecture and discussion	Intro to Osteopathic Science and Critical Thinking 1 + Functional Nutrition 1: The Intermittent Fasting Question. (Critical Thinking Project)
Week 2 (1/25)	5:00-6:30	Attend lecture and discussion	Critical Thinking 2 & Functional Nutrition 2: Keeping Young Athletes Healthy
Week 3 (2/1)	5:00-6:30	Attend lecture and discussion	Functional Nutrition 3: Gut Microbiome
Week 4 (2/8)	5:00-6:30	Attend lecture and discussion	Functional Nutrition 4: Diet and Exercise
Week 5 (2/15)	5:00-6:30	Attend lecture and discussion	Intermittent Fasting Mock Debate
Week 6 (2/22) (2/29 MSU Spring Break)	5:00-6:30	Attend lecture and discussion	Breath Science
Week 7 (3/7)	5:00-6:30	Attend lecture and discussion	Trauma 1: ACE Science
Week 8 (3/14)	5:00-6:30	Attend lecture and discussion	Trauma 2: "Osteopathic" Trauma Therapies
Week 9 (3/21)	5:00-6:30	Attend lecture and discussion	Trauma 3: Spiritual Considerations Shame, Grief, and Forgiveness.

Required Exams/Assessments

There will be a total of one exam given in Osteopathic Science this semester. Your score on the final exam and your scores on the case study sessions will determine your grade in the course. The assessment schedule is as follows:

Required (if applicable)	Projected Points	Material to be Covered
Final Exam: Reflective 1 page essay on 3 concepts that deeply resonated with the participant.	10	9 weeks of presentations and discussions

Participate in mock debate on intermittent fasting	10	Group-based preparation and 5-10 minute presentation and full group discussion on a clinical recommendation to a mock patient regarding intermittent fasting.
Fill out form for suggested topics and presenters	10	N/A

Required Proctoring Arrangements (n/a)

Elective Grades

A student's course grade is determined by the following formula:

$$\frac{(\text{Final Exam} + \text{mock debate} + \text{form with suggested topics})}{(30)} \times 100\% = \text{Final Percent Score}$$

- **P-Pass**—means that credit is granted and that the student achieved a level of performance judged to be satisfactory by the instructor. To obtain a “P” grade for this course, a student must obtain 100% or a total of 30 points.
- **N-No Grade**—means that no credit is granted and that the student did not achieve a level of performance judged to be satisfactory by the instructor. A student who accumulates less than 20 points or an accumulated score below 100% will receive an “N” grade.
- **Remediation** - Since elective courses in the MSUCOM preclerkship curriculum are optional, students are not required to remediate the elective if an “N” grade is received, and no remediation option is available.
- The work for the course must be completed and the final grade reported within one semester after the end of the semester of enrollment. Rationale: The requirements are minimal due to the elective nature of the course. Therefore should be completed easily within 1 semester.

Student Evaluation of the Course

We want your feedback on how to improve this course.

- **Informal Feedback:** Feel free to approach the Course Director, Dr. Pohlod, with your reactions and suggestions. Or write out your comments and email them to the Course Director or Faculty. From time to time, we may also convene focus groups of students, as an additional way to elicit your opinions and suggestions.
- **Formal Evaluation (optional):** In addition to the above, we ask every student in the class to complete formal on-line Elective evaluation upon conclusion of the Elective. Student Elective evaluations are highly recommended. Student feedback provides Elective Coordinators with valuable information regarding their performance, the performance of their instructors and the quality of the Elective. The information gained from these evaluations is used to continuously improve future offerings of this Elective. Students can access the evaluation for at method and time expectation here.

Special Note on Trauma and Spirituality

The course will invite thought and discussion on spirituality. Discussions of healing from adverse childhood events (ACE's) trauma may touch on spirituality. This course intends to invite thought and even reflection on attachment and how it relates to spirituality as it relates to restoring the body, heart, and mind's homeostasis (integration). All world views are welcome in discussion. Listening to others world views in patient and kind fashion and expressing appreciation for everyone's life journey is expected. There is no expectation that a certain world view will be adopted by participants, merely noting how powerful spirituality can be in the process of integration after trauma is the goal. These discussions can be triggering, and each individual participant is reminded of the myriad resources MSU and MSUCOM makes available to them should they be required.

Section 2 – Policies

Please refer to the <https://com.msu.edu/current-students/student-handbook-course-catalog> for these and other policies.

Academic Honesty and Professionalism

Every student is responsible for their behavior and is expected to adhere to all MSU and MSUCOM policies of academic honesty and professionalism, as outlined in the MSUCOM Student Handbook and the MSU Medical Student Rights and Responsibilities. These documents may be found on the MSUCOM website. Additional guidance on academic integrity may be found on the MSU Ombudsperson's website at <https://ombud.msu.edu/resources-self-help/academic-integrity>.

Incidents of academic dishonesty or professional misconduct will be addressed by the faculty, administration, or staff; such action may include, but is not limited to: giving a failing grade, referring a student for judicial review, directing the student to the Associate Dean of Medical Education, evaluation by the Committee on Student Evaluation, and other actions outlined in the Medical Student Rights and Responsibilities document.

Types of Class Sessions

MSUCOM designates lectures and other class sessions by their delivery method. While additional terms may be used in a specific course, the following will provide general guidance to the type of session:

- Live or livestream lecture: broadcast at a designated time; intended to be viewed synchronously
- Online Lecture: recorded content, may be viewed asynchronously
- Webinar: more interactive session where student participation is expected
- Lab: may refer to on-site clinical skills training or online lab session; see details

Changes to Course Schedule or Requirements

Due to external circumstances, the course requirements published in the course syllabus and/or course schedule may be subject to change. Timely notification Communication regarding changes will be provided to enrolled students via the course D2L site and/or email. Any changes made will consider the MSU Code of Teaching Responsibility and the MSU Medical Students Rights and Responsibilities.

Mandatory and Optional Class Sessions

All lectures and other class sessions are considered to be integral to the course, and students are expected to attend, view, or participate in each session. Some sessions are designated as "mandatory" in that attendance at the session on the scheduled date and time is required. Depending on the course, a student may earn points for attending or participating in a mandatory session or may lose points for failing to attend or participate. Availability of make-up points for missed sessions is at the discretion of the course director. Optional class sessions are offered by faculty to assist students in learning or reviewing course content.

Absences from Mandatory and Examinations/Assessments

It is the responsibility of the student to know which class sessions are deemed as mandatory and comply with the MSUCOM policy regarding absences from mandatory sessions and examinations. This policy may be found in the MSUCOM Student Handbook on the MSUCOM website. Requests for an excused absence must be arranged with the course faculty.

Computer-Based Testing

It is the responsibility of each student to know and comply with the MSUCOM policy on computer-based testing. This policy may be found in the MSUCOM Student Handbook on the MSUCOM website.

Administration of quizzes, examinations, and other assessments may be self-proctored, virtual proctored, or classroom proctored. Regardless of the proctoring method, you are expected to take the exam in a quiet, private setting. Just like in a proctored exam, you are not to access notes, textbooks, references, your phone, or other materials, and you are not to interact with fellow students or others. Remember that integrity is defined as what you do when no one is looking.

You are also expected to not record, photograph, take screen shots, make notes of, or otherwise attempt to make a copy of any exam item for any purpose, including your personal use. A student who is discovered to have cheated or breached exam security will be subject to formal disciplinary action, up to and including dismissal from MSUCOM.

If you have concerns or evidence of an exam security breach on this or any exam, you may report that to an MSUCOM administrator or through the online concern form.

Medical Student Rights and Responsibilities

If problems arise between instructor and student, both should attempt to resolve them by informal, direct discussions. If the problems remain unsolved, the Associate Dean for Medical Education and/or the MSU Ombudsperson may be consulted. The MSU Medical Student Rights and Responsibilities (MSRR) document defines processes for additional steps, including submission of a formal grievance. The MSSR may be found in the MSUCOM Student Handbook and online at splife.studentlife.msu.edu.

iClicker Reef/(iClicker Student) Policy

It is your responsibility to know and comply with the iClicker Reef (iClicker Student) Policy. This policy may be found in the MSUCOM Student Handbook. If you forget your device or if it does not work, for whatever reason, no make-up experiences will be provided, and no points will be given.

If iClicker Reef/Iclicker Student is used to take attendance for an on-campus event, you will be expected to arrive to the physical location on time and to stay for the duration of the assigned activity. If iClicker Polling is used to take attendance for an online event, you will be expected to start the session at the scheduled time and participate for the duration of the assigned activity.

As a matter of professionalism, please note that under no circumstances should you provide access to your iClicker Reef/Student account to another student by sharing your device and/or account login, nor should you accept another student's device or login credentials to access iClicker Polling on their behalf. Answering questions or checking in for attendance on behalf of another student by using their device or account is considered to be academic dishonesty and may result in disciplinary action up to and including dismissal from the college.

Remediation

The MSUCOM Policy for Retention, Promotion and Graduation requires successful completion of each required course to progress in the curriculum. Remediation is not available for preclerkship electives.

Student Safety and Well-being

The MSUCOM website and Student Handbook provide information on student safety, campus security, access to medical care and counseling services, and to policies on injuries and exposures. If you have an injury or acute illness on campus, an incident report should be completed. The form is available on the MSUCOM intranet or from Academic Programs.

Academic Support Resources at MSUCOM

As a way to acclimate you to the curriculum at MSUCOM, we have created a program called On Target: <https://michiganstate.sharepoint.com/sites/OnTargetforAcademicSuccess>

On this site you will find semester roadmaps which gives a general overview of each semester, tools needed to be successful in the curriculum and targeted resources for your unique learning situation. In each semester's road map, you will also find course expectations, tips for success, potential trouble spots, longitudinal course integration, and specific course study guides.

Requests for Accommodations

Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities (RCPD) at 517-884-7273 or online at rcpd.msu.edu. Once eligibility for an accommodation has been determined, you may be issued a Verified Individualized Services and Accommodation (VISA) form. Each VISA includes an expiration date; to request an accommodation, you must have an active VISA. You may work with RCPD to renew a VISA.

During the preclerkship curriculum, the college will help to coordinate accommodations for additional testing time. Provide your VISA to Nancy Thoma, thoman@msu.edu, A333 East Fee Hall at the start of the term and/or at least two weeks prior to the assessment event (test, project, labs, etc.). Requests for accommodations received with less notice will be honored whenever possible. You may choose whether or not you wish to use accommodations for a particular event. For other accommodations, you may also review your VISA with the course director and curriculum assistant assigned to that course.

Title IX Notifications

Michigan State University is committed to fostering a culture of caring and respect that is free of relationship violence and sexual misconduct, and to ensuring that all affected individuals have access to services. For information on reporting options, confidential advocacy and support resources, university policies and procedures, or how to make a difference on campus, visit the Title IX website at titleix.msu.edu.

Limits to confidentiality. Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, you should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. Instructors must report the following information to other University offices (including the Department of Police and Public Safety):

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child;
- Allegations of sexual assault, relationship violence, stalking, or sexual harassment; and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like to talk about these events in a more confidential setting, you are encouraged to make an appointment with the MSU Counseling and Psychiatric Services.

Addendum: Course Schedule

The course schedule for the current semester will be posted to D2L. Changes to the course schedule will be noted on the class academic calendar (“Google calendar”) and communicated to students via D2L and/or email. The schedule for the most recent offering of this course will be posted on the MSUCOM website under Current Students/Pre-Clerkship Curriculum.