

# OST 594: Spirituality and Osteopathic Medicine

Fall 2024: 9/10/24-12/17/24

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## Faculty & Staff Information

Course Director:

Contact Information	Biosketch
 <p><b>J'Aimee Lippert, DO</b>  <a href="mailto:boseljai@msu.edu">boseljai@msu.edu</a>            517-353-2547            Primary Site: EL            Office Hours: available by request.</p>	<p>J'Aimee Lippert, D.O., is a faculty member in the Department of Osteopathic Manipulative Medicine (OMM) at MSUCOM. She joined the faculty full time in 2000 and teaches in the OMM preclerkship course series as well as multiple systems courses related to osteopathic principles and applications. She is also core faculty for the MSU Osteopathic Neuromusculoskeletal Medicine residency program. Her clinical work (both outpatient and inpatient) involves a focus on OMM for infants, children, pregnant and post-partum patients, and patients of all ages with head injuries. She enjoys working with osteopathic medical students and residents in both the classroom and clinical settings and sharing osteopathic medicine with her community through education and service, in the hopes that this approach to health is available to all people.</p>

### Contributing Faculty

Name	Email	Phone	Location
J'Aimee Lippert, DO	<a href="mailto:boseljai@msu.edu">boseljai@msu.edu</a>	517-353-2457	EL

### Curriculum Assistants (CAs)

Name	Email	Phone	Location
Patty Roberts	<a href="mailto:robe1204@msu.edu">robe1204@msu.edu</a>	N/A	EL

## Who to Contact with Questions

Question, Need, or Topic	Contact Person
Course - Logistics & Details	Contact CA or CD for rooms, groups, materials, links, schedule, etc.
Course - Overall	Contact Course Directors (in bold above).
Course - Specific Content	Contact Contributing Faculty for the content (see schedule).
Absences	Contact Course Directors (in bold above).
Behavior	Submit exemplary or concerning behavior to the <a href="#">CGPI</a> .
Enrollment	Inquire with <a href="#">MSUCOM Registrar</a> .
Personal/Wellness Needs	Inquire with <a href="#">Wellness &amp; Counseling</a> .
Study Skills or Progression	Inquire with <a href="#">Academic &amp; Career Advising</a> .
Technical Support	Inquire with <a href="#">MSU IT Service Desk</a> . Indicate COM affiliation.

## Course Information

### Course Description & Overview

OST 594-Spirituality and Osteopathic Medicine is a 1 credit hour course that provides students with an opportunity to examine multiple aspects of spirit and spirituality, a vital component of well-being for both physician and patient. The elective is administered in a round-table format that is designed to promote student participation and exposure to different life experiences. Various topics in spirituality relevant to all health care providers, with a special emphasis on the role of spirit in the osteopathic philosophy, will be covered. A non-biased, balanced, and safe forum will be provided for the presentation and discussion of ancient, traditional, modern, evidence- and non-evidence-based perspectives.

The creator of this course, Dr. William Pintal, believed that a physician had to understand who they were, where they were from, and what they believed about interacting with others in order to practice medicine to the full extent of their ability/abilities. This course is a stepping-off point for beginning that learning journey. Building off Dr. Andrew Taylor Still's mind-body-spirit conception of Osteopathic care, and the newer Mental-Emotional-Physical-Spiritual model used in many contemporary health care fields, this course utilizes experiential learning, discussion, careful listening, and selected guest moderators to help members of the class along their own paths of spiritual development.

The course consists of 10 sessions and 1 field trip experience and may be taken multiple times, as each semester's areas of focus may change based on student participants, faculty/facility availability and timeliness of topics. Students will be expected to participate in the field trip experience which will allow for experiencing different varieties of individual spiritual exploration with minimal cost. Example trips may include botanical gardens or an outdoor labyrinth. If students are coming from Macomb and DMC, we may choose locations that are more central to all three sites. Efforts will be made to accommodate examination schedules with bad weather backup plans. While we value the group experience as part of the learning process, alternative options may be available on a case-by-case basis to account for extraordinary circumstances.

### Course Objectives

By the end of the course, students will:

1. Verbalize what spirituality means to them personally.
2. Explain how spirituality can be expressed in both religious and non-religious ways.
3. Have been exposed to and developed an appreciation and respect for the legitimacy of "non-western" medical philosophies.
4. Demonstrate an open, understanding attitude toward the philosophies of others.

The American Osteopathic Association has identified core competencies essential for future practice as an osteopathic physician. These are embedded throughout our programmatic and course objectives. By the end of this course, learners should be able to:

Competency	Related Course Objective(s)
Interpersonal & Communication Skills	<ol style="list-style-type: none"> <li>1. Demonstrate respectful and active listening related to discussion with instructors and peers.</li> <li>2. Participate actively in written journaling activities.</li> <li>3. When comfortable, participate in active discussion verbally.</li> </ol>
Interprofessional Education for Collaborative Practice	<ol style="list-style-type: none"> <li>1. Show respect and curiosity toward non-physician course presenters.</li> <li>2. Discover how multidisciplinary approaches to health contribute toward spiritual well-being.</li> </ol>
Medical Knowledge	<ol style="list-style-type: none"> <li>1. Explore the intersection of modern medical care and complementary approaches that may be encountered when engaging in patient, family, and community conversations regarding spirituality, including possible pharmacologic interactions, cultural practices that may affect health, and incorporating personal beliefs into the development of care plans.</li> </ol>
Osteopathic Principles, Practice, & OMM	<ol style="list-style-type: none"> <li>1. Apply osteopathic principles such as the osteopathic tenets and the values of holistic, person-centered care to the study of the cardiovascular system (e.g., risk factors, comorbidities, characteristics, behaviors, etc.). <b>OPP Principles/Integration</b></li> <li>2. Understand how spirituality affected Dr. Still's provision of medical care both prior and subsequent to the conception of osteopathic medicine as a formal construct.</li> <li>3. Explore how osteopathic tenets and practice can be embodied personally by physicians and at a community level.</li> </ol>
Patient Care & Procedural Skills	<ol style="list-style-type: none"> <li>1. Role-play challenging conversations with patients and practice the skills of communication surrounding spirituality.</li> </ol>
Practice-Based Learning and Improvement	<ol style="list-style-type: none"> <li>1. Use MSU Library resources for course information and personal study.</li> </ol>
Professionalism & Leadership	<ol style="list-style-type: none"> <li>1. Demonstrate leadership and collaborative learning through raising questions, concerns, and potential course topics.</li> </ol>
Scientific Method & Literacy	<ol style="list-style-type: none"> <li>1. Interrogate the medical literature and scholarly activity regarding application of spirituality-related topics in medical care.</li> </ol>
Self-Directed & Lifelong Learning	<ol style="list-style-type: none"> <li>1. Through journaling, explore personal core beliefs and perceptions regarding one's own spirituality as well as responsiveness to and respect for that of others.</li> <li>2. Have experience with new spiritual practices so as to be open and curious to future activities.</li> </ol>
Societal & Cultural	<ol style="list-style-type: none"> <li>1. Display cultural humility and curiosity through respectful dialogue and genuine engagement with faculty and colleagues.</li> </ol>

Awareness & Advocacy	<ol style="list-style-type: none"> <li>2. Contribute to a safe space for discussion of challenging topics.</li> <li>3. Discuss topics related to social determinants of health and the impact of implicit bias in health care.</li> </ol>
Systems-Based Practice	<ol style="list-style-type: none"> <li>1. Discuss possible ways that EMRs can be utilized for demographics and patient information regarding spirituality.</li> <li>2. Explore ways that current medical practices and systems create space for and/or put up barriers to incorporation of spiritual concepts in patient care.</li> </ol>

## Textbooks and Resources

Most MSUCOM courses make use of [D2L](#) as a course website to share materials, [Google Calendar](#) to share course schedules, [Zoom](#) to host online meetings, and [iClicker](#) to facilitate audience polling. Visit <https://bit.ly/msucomtech> for reminders on how to access and use these resources. Other course-specific resources include:

Status	Resource
Required	Fulford, Robert C. D.O. Dr. Fulford's <u>Touch of Life</u> . Gallery Books; Reprint edition (September 1, 1997). ISBN-10: 0671556010; ISBN-13: 978-0671556013. Hard copy available at MSU Library.
Required	Still, Andrew T. <u>Autobiography of Andrew T. Still</u> . E-book available at MSU Library.
Recommended	Still, AT. <u>The Philosophy and Mechanical Principles of Osteopathy</u> . Hard copy available at MSU Library.
Recommended	Alvord, Lori and Elizabeth Cohen Van Pelt. <u>The Scalpel and the Silver Bear: The First Navajo Woman Surgeon Combines Western Medicine and Traditional Healing</u> . Bantam; Reprint edition (June 6, 2000) ISBN-10: 9780553378009; ISBN-13: 978-0553378009. Hard copy available at MSU Library.
Recommended	Dalai Lama, Desmond Tutu, Douglas Abrams. <u>The Book of Joy: Lasting Happiness in a Changing World</u> . New York: Avery, 2016. ISBN-10: 9780399185045, ISBN-13: 978-0399185045. Hard copy available at MSU Library.
Recommended	Gawande, Atul. <u>Being Mortal: Medicine and What Matters in the End</u> . New York: Picador, 2014. ISBN: 978-1-250-07622-9. Hard copy available at MSU Library.
Recommended	Virji, Ayaz and Eisenstock, Alan. <u>Love Thy Neighbor: A Muslim</u>

	<u>Doctor's Struggle for Home in Rural America</u> . Convergent Books, 2021. Hard copy available at MSU Library.
Recommended	<u>Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying</u> . Maggie Calahan. <b>ISBN-10:</b> 1451667256; <b>ISBN-13:</b> 978-1451667257. Hard copy available at MSU Library.
Recommended	Lee, R. Paul. <u>Interface: Mechanisms of Spirit in Osteopathy</u> .
Recommended	Page, Ben. <u>Healing Trees: A Pocket Guide to Forest Bathing</u> . Mandala Press, 2021. ISBN-10: 1647224187; ISBN-13: 978-1647224189
Recommended	Artress, Lauren. <u>The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform</u> . Riverhead Books, 2006. <b>ISBN-10:</b> 1594481822; <b>ISBN-13:</b> 978-1594481826
Optional	Citro, Massimo. <u>The Basic Code of the Universe</u> . Park Street Press, 2011. ISBN-10: 1594773912; ISBN-13: 978-1594773914
Optional	Nestor, James. <u>Breath: The New Science of a Lost Art</u> . New York: Riverhead Books, 2020. ISBN 978-0-7352-1361-6. E-book available at MSU Library.
Optional	Kenny G. The healer's journey: a literature review. <i>Complement Ther Clin Pract</i> . 2012 Feb;18(1):31-6. doi: 10.1016/j.ctcp.2011.08.002. Epub 2011 Aug 30. PMID: 22196571 Review.
Optional	Mehl-Medrona, LE. <u>Coyote Medicine</u> . New York: Simon & Schuster, 1998. <b>ISBN-10:</b> 0684839970; <b>ISBN-13:</b> 978-0684839974. Hard copy available at MSU Library.

## Grading Schema

Course grades will then be assigned as follows:

- **P or Pass** - Satisfactory performance has been achieved and credit will be granted if a student's attendance is 70% or higher. Class participation is expected to be active. If students have extenuating circumstances that prevent attendance or participation in course elements, an appropriate project can be agreed upon if it appears to address the topics missed by the student or an appropriate alternative. The Course Director reserves the right to not offer an option if the student has demonstrated disregard for classmates, instructor(s), and/or the Instructional Goals of the course.

- **N or No Grade** - Satisfactory performance has not been achieved and credit will not be granted if a student's attendance is below 70% and if they do not actively participate.

Remediation is not offered for elective courses.

## Grading Requirements

The MSUCOM D.O. degree program incorporates both horizontal and vertical curriculum integration, meaning course activities and assessments require ongoing development and integration of knowledge and skills acquired in previous courses. Required components include:

Required Component	Projected Points	Material to be Covered
Session Attendance and participation	10	TBD
Field Trip Attendance and participation	1	TBD

## Policies & Resources

### Academic Support Resources at MSUCOM

Students are encouraged to connect with [Academic and Career Advising](#) (ACA) to access academic, board, and career advising across the 4-year D.O. curriculum. As a way to acclimate to the MSUCOM curriculum, you may access ACA's [On Target](#) website for semester roadmaps, tools needed to be successful in the curriculum, and targeted resources for different learning situations. Each semester's roadmap contains course expectations, tips, potential challenges, notes on longitudinal content and skills integration, and study guides.

### College or University Policies with Which Enrolled Students Must Be Familiar

Policy	Location
Common Ground Professionalism Initiative	<a href="#">MSUCOM CGPI Site</a>
Computer-Based Testing	Student Handbook - <a href="#">CBT Policy</a>
Disability & Reasonable Accommodation	<a href="#">Student Handbook - Diversity and Inclusion</a>
iClicker	<a href="#">Student Handbook - Information Technology Resources</a>



Medical Students Rights and Responsibilities	<a href="#">Office of Spartan Experiences Site</a>
MSUCOM Academic Code of Professional Ethics	Student Handbook - <a href="#">Academic Code of Professional Ethics</a>
Osteopathic Clinical Training & Student Safety	Student Handbook - <a href="#">Osteopathic Clinical Training &amp; Student Safety</a>
Preclerkship Attendance & Absences	Student Handbook - <a href="#">Attendance &amp; Absences</a>
Relationship Violence & Sexual Misconduct & Title IX	<a href="#">Office for Civil Rights &amp; Title IX Education &amp; Compliance Site</a>
Religious Observance Policy	<a href="#">Office of the Registrar Site</a>
Remediation	Student Handbook - <a href="#">Remediation</a>
Student Handbook	<a href="#">Student Handbook</a>

### Student Feedback

MSUCOM values student feedback, using this to model practice-based learning and improvement and to promote continuous quality improvement of learning experiences.

We want your feedback on how to make this Elective better for the students who come after you.

Route	Description
Informal	<p>We invite you to respectfully provide constructive suggestions to Course Directors, Contributing Faculty, or Curriculum Assistants at any time.</p> <p>Feel free to approach the Course Coordinators, Dr. Lippert or Dr. Sina, or any of the other course faculty with your reactions and suggestions. We invite your written comments at any time by email to the Course Coordinator or Faculty. From time to time, we may also convene focus groups of students as an additional way to elicit your opinions and suggestions.</p>
Formal	<p>MSU sends a Student Perceptions of Learning Survey (SPLS) to enrolled students at the conclusion of each course to gain feedback on the course and Course Directors.</p>

	<p>We ask every student in the class to complete formal on-line Elective evaluation upon conclusion of the Elective. Student Elective evaluations are required to achieve a passing grade. 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.</p>
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### Course Schedule and Changes to Schedule or Requirements

Due to external circumstances (e.g., weather/maintenance closures, clinical obligations, student cohort needs, etc.), course requirements published in the course syllabus and/or course schedule may be subject to change. Timely communication regarding changes will be provided to enrolled students via the course [D2L](#) site, [Google Calendar](#), and/or [MSU email](#). Contact curriculum assistants with questions. Any changes made will be considerate of the [MSU Code of Teaching Responsibility](#) and the [Medical Students Rights and Responsibilities](#).

## Addendum: Course Schedule

Updated 6/13/24

Date	Time	Topic/Title	Faculty	Event Type & Origin <a href="#">[options]</a>	Notes
9/10/24	6-8 PM	Introduction to Spirituality and Osteopathic Medicine	Lippert	Hybrid Live (in-person in EL; zoom available)	Mandatory
9/17/24	6-8 PM	TBD		Hybrid Live (in-person in EL; zoom available)	Mandatory
9/24/24	6-8 PM	TBD	Lippert	Hybrid Live (in-person in EL; zoom available)	Mandatory
10/1/24	6-8 PM	TBD	Lippert	Hybrid Live (in-person in EL; zoom available)	Mandatory
10/15/24	6-8 PM	TBD	Lippert	Hybrid Live (in-person in EL; zoom available)	Mandatory
10/22/24	No Class				
11/12/24	6-8 PM	TBD	Lippert	Hybrid Live (in-person in EL; zoom available)	Mandatory
11/19/24	6-8 PM	TBD	Lippert	Hybrid Live (in-person in EL; zoom available)	Mandatory
12/3/24	6-8 PM	TBD	Lippert	Hybrid Live (in-person in EL; zoom available)	Mandatory
12/10/24	6-8 PM	TBD	Lippert	Hybrid Live (in-person in EL; zoom available)	Mandatory

A Saturday field trip experience will be planned pending student exam schedules.

General possible topics covered are listed below. The sequence of topics will be determined by the end of the first meeting based on

presenter availability and student interest. Other topics may be covered based on student interest.

Possible Topics:

- Relationship of Energy and Spirit
- Relationship of Spirit and Matter
- Nature of Consciousness
- Nature of Mind
- Meaning of Mind, Matter and Motion
- Topics in Energy Medicine
- Death and Dying
- Role of Ritual in Medicine/Healing
- Non-Western Medical Theories and Practices
- Role of Physician as a Healer
- Nature of Placebo
- Role of Religion in Medicine
- Meaning of Spirit in Spirituality
- Role of Intention in Healing
- Self-Care and Spirit Nurturing: Music, Art, Dance and other activities
- Nature and Spirit
- What's Love Got to Do with It
- What is Your Center