

## Principles of Osteopathic Medicine

- The body is a unit; the person is a unit of body, mind, and spirit.
- The body is capable of self-regulation, self-healing, and health maintenance.
- Structure and function are reciprocally interrelated.
- Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.

*The Tenets of Osteopathic Medicine express the underlying philosophy of osteopathic medicine and were approved by the AOA House of Delegates as policy.*

Thank you for your time adding to our educational experience at the Montana Osteopathic Medical Association's (MOMA's) annual continuing medical education (CME) program. This note is intended to explain why we are sending you the above tenets of Osteopathic medicine. As you can see, these tenets are just good patient care, and all physicians, DO or MD (or other providers) strive to find the least invasive, most effective care that involves the patient themselves, and does not overwhelm the *body's* ability to heal itself. When the Osteopathic profession's CME was targeted to an audience that not only were taught this in medical school but also in Osteopathic graduate medical education (GME programs) and osteopathic CME programs required at least 50% DO speakers, this structured emphasis was easily apparent as part of the educational experience. But now that there is a GME single accreditation program (ACGME) for both DO's and MD's, this distinctive educational focus can no longer be taken for granted and should continue to be a structured part of any medical education, or it tends to be lost. We are asking that you simply keep this in mind when creating and presenting your lecture. If you are not a primary care provider, this may mean only providing examples/cases that you have encountered where someone in primary care or another specialty did too much unnecessary work-up and care that overwhelmed the body's own ability to take care of itself; and with the greater knowledge base you have in your discipline you were able to simplify care and not over treat. As we all know, there are countless examples of this, particularly in the care provided in this country. In addition, the terms value-based care, high value care, and choosing wisely all recognize the need for this focus. The AOA has recognized in policy (AOA Policy Resolution H-426-A/2023) how osteopathic principles and practice are a shining example of this value-based care approach. The more we can structure this into our education, the more this focus **will** continue to influence the practice of medicine in a positive way. We thank you for considering this and for all your time contributing to our education.

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