



Attitudes and Practice Patterns In The Use Of OMM In Patients With Serious Illness

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INTRODUCTION AND BACKGROUND

In addition to evidence-based medicine, the osteopathic approach to person-centered care consists of the osteopathic philosophy of integrated structure and function and applying manual techniques to treat somatic dysfunction.

Known collectively as Osteopathic Manipulative Medicine (OMM), this approach can be utilized when treating patients with both chronic and acute conditions.

There is limited data on how often or to what extent OMM is used to treat pain and other symptoms in patients facing serious or life-limiting illnesses.

METHODS AND RESULTS

Methods:

A voluntary, anonymous survey was created to capture the practice patterns and attitudes of osteopathic physicians, regardless of specialty, in the uses and benefits of OMM in treating patients with serious illness.

The survey was approved by the IRB and designed using a Likert-scale, multiple choice format using Redcap software and permission to distribute the survey electronically was granted from various national and local professional organizations including the American Osteopathic Association (AOA), Pennsylvania Osteopathic Medical Association (POMA) and the PCOM alumni association.

Among key data analyzed were the frequency of OMM use in serious or life-limiting illness (Cancer, CHF, and COPD), attitudes about OMM, beliefs about OMM, and use of OMM in older adults.

All data was entered into Redcap for analysis.

Results:

Majority of osteopathic physicians (OPs) are comfortable utilizing OMM (79.8%), primarily for musculoskeletal pain (81%) . Most OPs thought utilizing OMM in serious illness was "somewhat to "often" beneficial and was utilized "sometimes" or "frequently" in constipation (49%), neuropathic or visceral pain (67.2%), and dyspnea (58.7%) but it's use in nausea (60.1%), older patients or in those with limited life expectancy was "rare" or "sometimes" utilized. Alongside evidence-based treatments, OPs utilize OMM in patients with cancer, but less so with congestive heart failure (CHF), and chronic obstructive pulmonary disease (COPD). (57.5%) OP stated they have used OMM techniques to treat symptoms for my patients who had a terminal diagnosis. Overwhelmingly, respondents thought osteopathic training enables them to approach patients with empathy (84%) and view the patient-family-environment as part of an interconnected unit (83%).

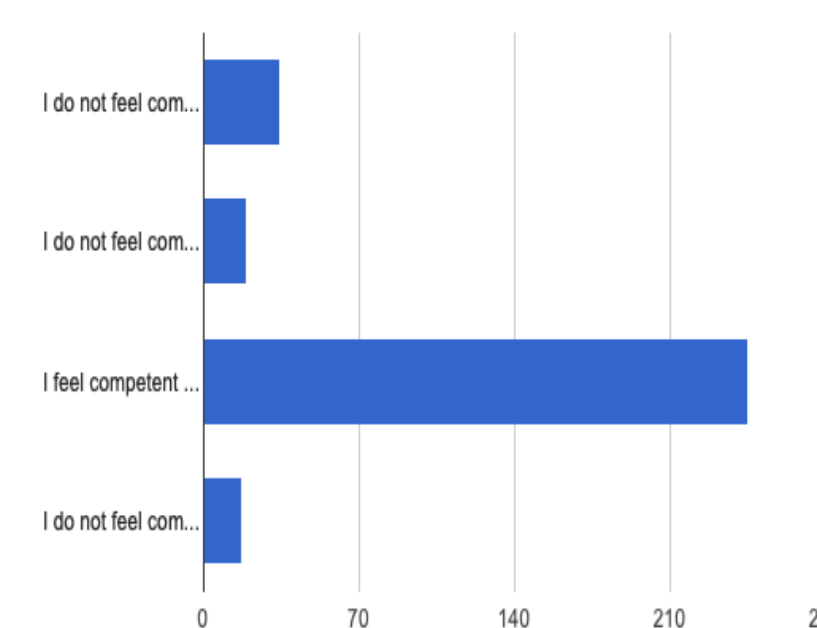
OSTEOPATHIC PHYSICIAN SELF-REPORTED COMPETENCY, PRACTICE PATTERNS, AND ATTITUDES

Symptoms Treated and Disease-Specific Use of OMM:

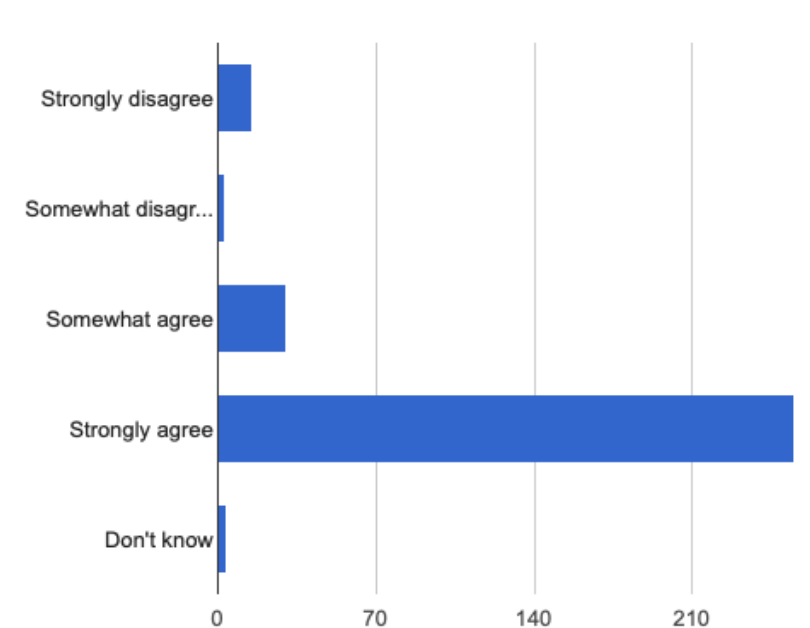
I have used OMM to treat..	Cancer 58.5% (N=116)	CHF 56.5% (N=174)	COPD N=60.8% (N=184)
Symptoms Treated	Cancer Symptoms	CHF Symptoms	COPD Symptoms
Musculoskeletal Pain	96.1% (N=197)	89.6% (N=180)	87.1% (N=182)
Neuro/ Visceral Pain	41% (N=84)	34% (N= 70)	N/A
Constipation	37.6% (N=77)	16.4% (N= 33)	21.5% (N=45)
Dyspnea	15.6% (N=32)	43.3% (N=87)	39.2% (N=82)
Dizziness	7.8% (N=16)	N/A	Conversational Dyspnea 37.7% (N=78)
Nausea	12.2% (N=25)	N/A	N/A
Fatigue	7.3% (N=15)	16.4% (N=33)	11.5% (N=24)
LE Edema	N/A	24.9% (N=50)	28.7% (N=60)

Practice Patterns of OMM:

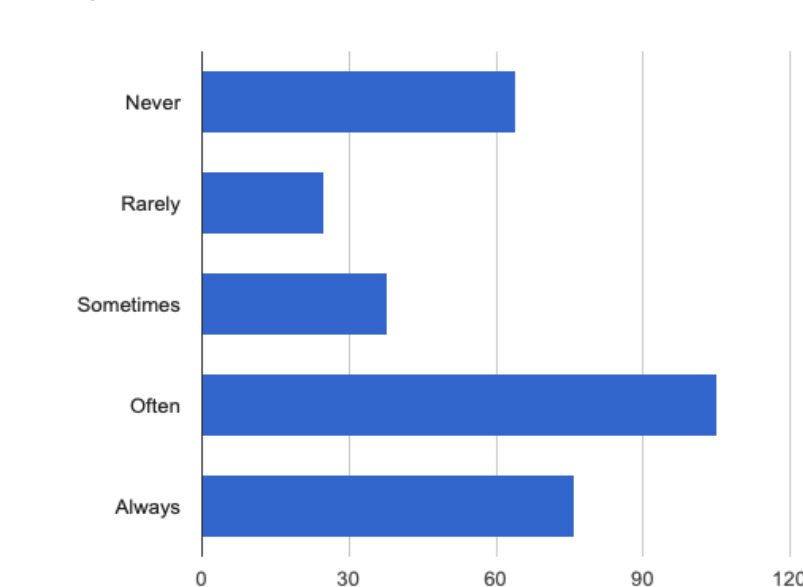
I Feel Competent Using OMM In My Practice



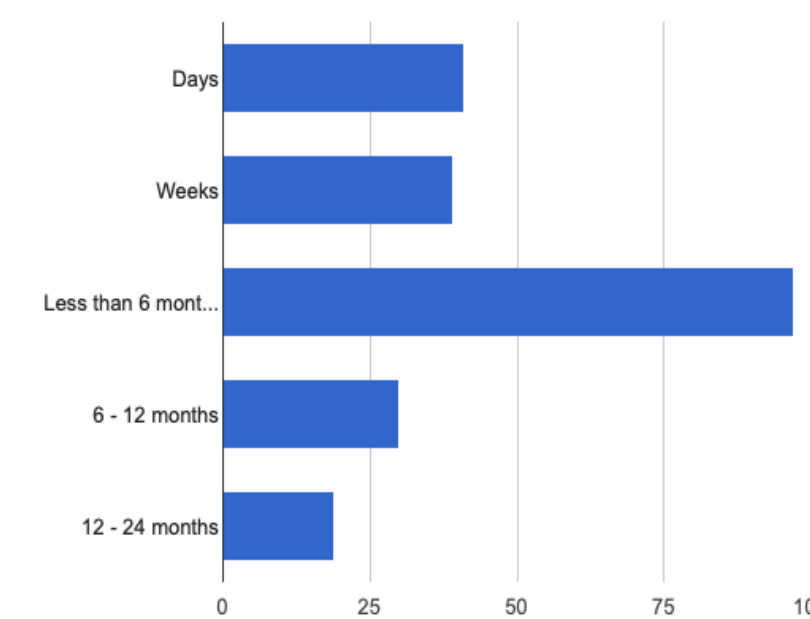
OMM training has allowed me to view patients, family, environment as an interconnected unit



I have used OMM in patients who are 70 years of age or older

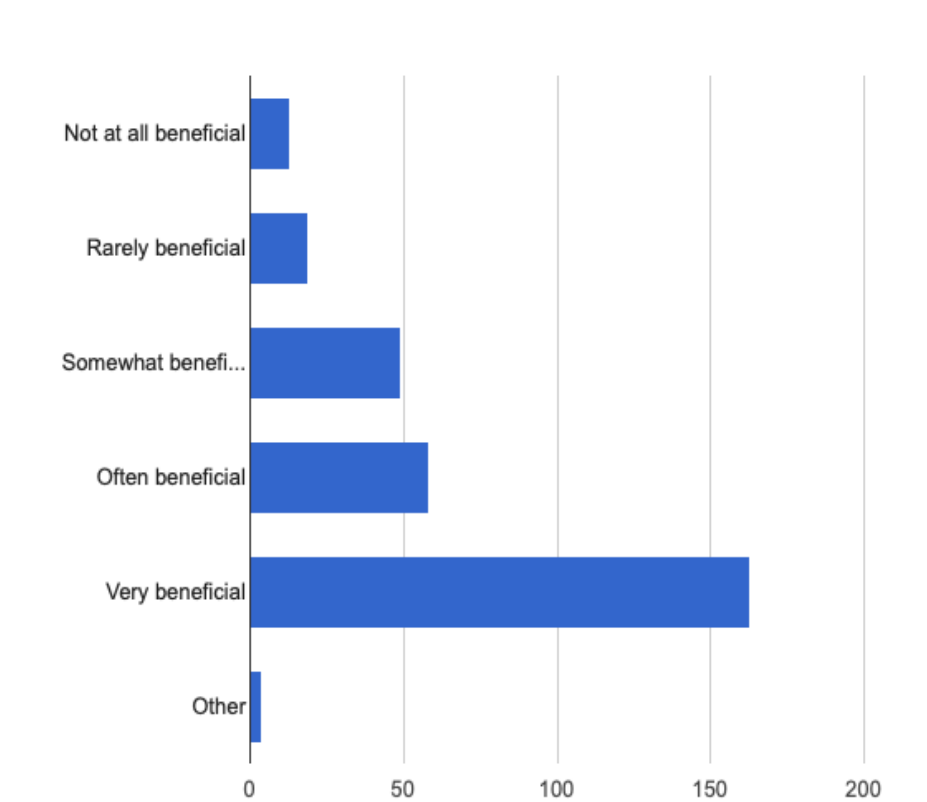


I have used OMM to treat symptoms for patients who were days to weeks from dying

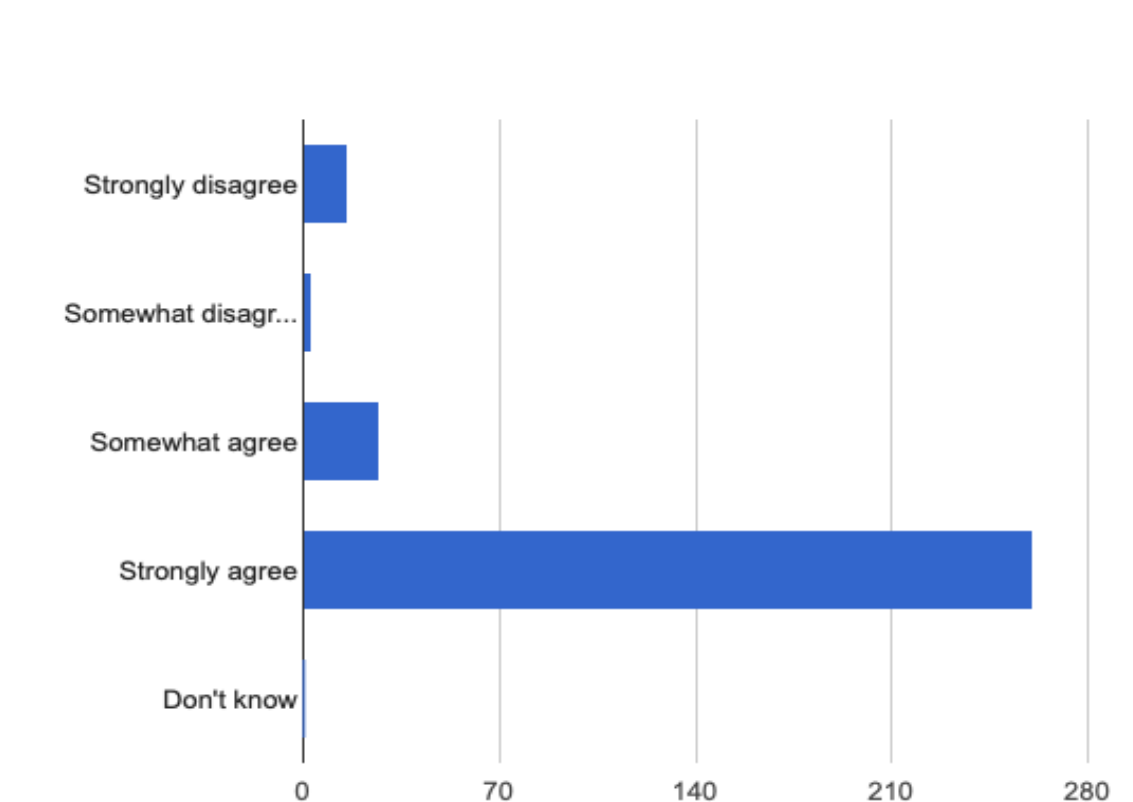


Physician Attitudes:

I Think OMM Is ____ In Treating Patients Facing Serious or Life-limiting Illness



OMM Training Enables Me to Approach Patients With Empathy



CONCLUSION

Osteopathic Manipulative Medicine (OMM) is used by many osteopathic physicians when treating pain and other symptoms of patients who have serious illness. OMM is perceived to be beneficial when treating conditions related to CHF, COPD, and Cancer. Osteopathic

Osteopathic Physicians who do utilize Osteopathic Manipulative Medicine believe that their training has allowed them to engage and treat patients with compassion, empathy, and view the patient-family-environment as nan interconnected unit.

These findings support the ongoing need for randomized controlled trials that could quantify potential benefits of OMM and the osteopathic approach for patients facing serious and life-limiting illness.

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