

Osteopathic Opportunities for MSMHSCOM students

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1. Evening with the Stars

- Time/Day: TBA
- Location: OMM lab at Touro, basement of Lander Hall. Enter by the door at the very left of the building when you are facing the building (this door is not one of the main doors, but is located at the very left end of the building).
- Basic Information: Touro's talented faculty, local osteopathic physicians, and SAAO Members will be demonstrating Osteopathic Manipulative Treatment for those who are interested. The event is modeled after the "Evening with the Stars" at the AAO Convocation and has been a great success in previous years. Please join our talented faculty, local physicians and SAAO for an evening of fun, inspiration, and learning. We look forward to seeing you there! Note that this event is designed so that you can come and go - there may be other activities simultaneously occurring on campus.
- Event info:
[webc://www.facebook.com/ical/u.php?uid=1132929410&key=AQBKy4SKyjmrRHYc](https://www.facebook.com/ical/u.php?uid=1132929410&key=AQBKy4SKyjmrRHYc)

2. SAAO (Lunchtime) clinics

- Time/Day: Most Tuesdays and Wednesdays, Noon-1
- Location: OMM lab in Lander Hall (in the basement, just opposite research labs)
- Website: <http://www.tustudentlife.com/clubs/sao/events/?2424>
- Basic Information: The Student American Academy of Osteopathy clinic is a student-run clinic run by 1st and 2nd year osteopathic medical students. MSMHS students can show up to any clinic to either observe or be treated. Students may sign up to shadow at the clinic or be treated at the clinic by **using the sign up link provided in the Weekly Bolus**, which is sent out every Sunday. There is a limited number of spots. The Weekly Bolus will only have a sign up link if we are having clinic that week. This opportunity provides a good chance to interact with other Touro students and some Touro faculty and to learn about osteopathy. The clinic is often closed during OMS exam blocks as well as during some campus events.

3. OMM Fellows Lab

- Time/Day: Mondays, starting at 1 PM; Most Fridays, 8 AM—3 PM; Pediatric patients on most Wednesdays, starting at 1 PM, with Dr. Wolf
- Contact: Christopher Kent – Christopher.kent@tu.edu
- Basic Information: MSMHS students may observe OMM and PCD Fellows during faculty-supervised OMT sessions that are geared towards students, faculty, and staff. The visits are usually one hour in length. This is a great opportunity to see OMT in action!

4. ShaDO Program

- Time/Day: Two hour sessions, Tuesday – Thursday, during normal OMM labs
- Contact: Alyssa Villanueva – alyssa.villaneuva2@tu.edu
- Basic Information: Come be a part of Touro’s ShaDO program! Students can shadow a COM student in lecture, OMM lab, or both. In OMM lab, you will be able to ask students and faculty questions while learning about OMM! There is room for up to two students per lab based on availability. You must be available for the full duration of the lecture/lab. Please email Alyssa for more information.

5. Student Run Free Clinic (SRFC)

- Time/Day: 2 shifts Thursday evenings 4-6 pm & 6-8pm, excluding Jewish holidays and certain COM exam block weeks.
- Website: <http://www.tustudentlife.com/clubs/srfc/about/>
- Basic Information: Please read the *About* tab on the Student Run Free Clinic page of Touro Student Life: <http://www.tustudentlife.com/clubs/srfc/about/>
Touro’s Student-Run Free Clinic (SRFC) is staffed by students from the COM, COP, PA, MPH, and Nursing program. Master’s and visiting student are allowed to shadow the students at our clinics. SRFC typically runs every Thursday from 4:00-8:30pm with two shifts: 4:00-6:30pm and 6:00-8:30pm.
- For the most updated information on how to join the SRFC, please follow this link to the TU StudentLife.com website: [how to join SRFC](#) .
- **NOTE**: All volunteers must be Ask, Know, Empower certified *before* volunteering at clinic.

- **For all Touro students:**

Ask, Know, Empower (AKE) modules consist of 4 short modules meant to orient students to clinic flow, procedures, HIPAA, and situations to be prepared for. These are located on your Blackboard account (BB > TUC Students > My Organizations > TUCA ASK,KNOW,EMPOWER > Information and Modules) and you must get **100% on all modules** (multiple attempts as needed). Afterwards, please **submit** a screenshot of your results to our [AKE Certification Form](#) for confirmation. Needs to be completed only once.

Note: Temporarily as we transition to the Canvas platform, if you cannot access AKE via Blackboard, please use the temporary [AKE Modules via Google Forms](#).

- **Shadowing role for MSMHS students**

Applicable to which program: Any program

Description: Shadows will follow qualified student treaters in their respective roles. If appropriate, shadows are allowed to engage with patients, assist with treatment, and

participate in interactive learning. Shadowing does qualify for IPPE, but **does not** qualify for ECE credit or TOUCH points.

Note: We can only accommodate volunteers and shadows depending on preceptor ratio and patient load; therefore sign up early to better secure a position. Confirmation emails will be sent prior to the desired clinic date.

6. Berkeley Suitcase Clinic

- Time/Day: Certain Mondays and Tuesdays, 6:45 pm to 9:30 pm.
- Website:
 - <http://www.tustudentlife.com/clubs/berkeleysuitcaseclinic/events/>
 - <http://www.tustudentlife.com/clubs/womenssuitcaseclinic/events/>
- Basic Information: MSMHS students may shadow at the Berkeley Suitcase Clinics and can expect to observe OMM in practice. Suitcase clients are primarily homeless and generally without access to general medical services. What sets Suitcase apart from other clinics is the more relaxed atmosphere and collaborative process students employ while treating clients. In addition, MSMHS students will have opportunities to interact with both 1st and 2nd year osteopathic medical students and a Touro faculty member.
- Website Description: The Suitcase Clinic is a humanitarian student organization and volunteer community offering free health and social services to underserved populations since 1989. Structured around the principles of public health, social welfare, community activism and empathy, the Suitcase Clinic currently operates three weekly multi-service drop-in centers in the city of Berkeley: the General Clinic, the Women's Clinic and the Youth Clinic. In addition to providing services, the Suitcase Clinic strives to educate students, promote health care access, engage in community organization, and support public policy efforts that address homelessness and the needs of the underserved in the local community.

7. Integrative Medicine Course

- Contact: Dr. Victor Nuno, Course Coordinator – victor.nuno@tu.edu
- Basic Information: This course is designed to provide an introduction to integrative medicine topics for osteopathic medical students primarily, but is also suitable for other students at Touro University. The course is comprised of eight (8) sessions during which we will cover various topics. Prior to enrollment, all students will submit a case of someone (which can be themselves) according to a specified format, seeking specific evidence-based integrative medicine suggestions. During each session, the case will be presented and students will break into groups to research and identify possible suggestions. We will reconvene as a group to go over the findings and discuss them with the individual who originally presented the case. The course is offered both in the fall and the spring.

Sample Schedule for Fall 2018

Session	Day	Date	Time	Location	Topic	Speaker
1	Thursday	9/6/2018	3-5pm	LH 119	Introduction to Health Optimization and Functional Endocrinology	Victor Nuño, D.O.
2	Thursday	9/20/2018	3-5pm	LH 119	Dietary supplements for common neuromusculoskeletal conditions	Victor Nuño, D.O.
3	Thursday	9/27/2018	3-5pm	LH 119	Integrative Renal Health	Lee Ann Cuny, D.O.
4	Thursday	10/4/2018	3-5pm	LH 119	Integrative Gastrointestinal Health	Victor Nuño, D.O.
5	Thursday	10/11/2018	3-5pm	LH 119	Genetic SNP's, Methylation, & Nutrigenomics	Annette Hulse, D.O.
6	Thursday	10/18/2018	3-5pm	LH 119	Integrative Cardiovascular Health	Victor Nuño, D.O.
7	Thursday	10/25/2018	3-5pm	LH 119	Yoga for Low Back Pain and Rehabilitation	Stacey Pierce-Talsma, D.O.
8	Thursday	11/1/2018	3-5pm	LH 119	The Role of Exercise in Health Optimization	Jordan Keys, D.O.

8. Diabetes Prevention Programs including MOBEC (Mobile Diabetes Education Center)

- Contact: Dr. Jay Shubrook – jay.shubrook@tu.edu
- Basic Information: Touro University California has a number of novel diabetes-focused programs that provide opportunities for health professional students to engage the public in preventive measures. The MOBEC-mobile diabetes education center is a mobile classroom in which we provide free community-based screening for diabetes and prediabetes. Further, we offer free exercise and cooking classes and engage the community in the Diabetes Prevention Program and the Diabetes Education and empowerment programs. The MSMHS COM student can be trained as a health coach in one of the programs or volunteer for a shift on the MOBEC.

9. Shadow an Osteopathic Physician

Touro clinical faculty are often extremely busy and have numerous duties associated with the COM program that prevents a formal DO shadowing program through Touro. As a result, please do not directly contact a Touro DO faculty member. Instead, please use one of the following methods below to contact a DO. A number of Touro DO's are associated with these mentor/shadowing programs and often if you continue to submit requests through the two sites below, you can find a Touro DO that has set aside time for shadowing. You can also sometimes shadow DO's in the local community by calling offices directly.

- imentor (AOA): http://cf-prd10.osteopathic.org/iLearn/index.cfm?pageid=ment_exchange&page=Exchange
- OPSC connections: <http://www.opsc.org/?page=Connections>
- Preceptor list posted to Blackboard: Introduction to Research (fall semester). Look under *Course Material/Misc*