

## Osteopathic Opportunities for MSMHS students

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5. Berkeley Suitcase Clinic
6. Observe a Touro OMM laboratory session
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### **1. Evening with the Stars**

- Time/Day: Monday, 8/7, 5-7 pm
- 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: [webcal://www.facebook.com/ical/u.php?uid=1132929410&key=AQBKy4SKyjmrRHYc](http://www.facebook.com/ical/u.php?uid=1132929410&key=AQBKy4SKyjmrRHYc)

### **2. SAAO 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/saa0/events/?2424>
- Basic Information: This is a student run clinic run by 2<sup>nd</sup> year osteopathic medical students. MSMHS students can show up to any clinic to either observe or be treated. 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 and as well as during some campus events.
- Website Description: If you have aches, pains or other ailments come in at noon to visit! If you want to practice your OMM skills in a clinical environment with plenty of support, come in to visit! All members of the Touro family are welcome.

### **3. 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://tusrfc.org/>  
Basic Information: Services include OMM treatment provided by osteopathic medical students, history taking done by osteopathic, pharmacy, and PA students, medication therapy management by pharmacy students, and diabetes education. The patients treated are all members of the local community. MSMHS students can sign-up to gain exposure to osteopathy in practice, as well as to interact with osteopathic medical students and Touro faculty. MSMHS students will shadow an OMS student who will be performing a brief history and physical assessment of a patient, presenting to a DO preceptor, and then executing appropriate treatments. There will be at least one DO per shift. Since one of the services offered at the student run health clinic is OMM, MSMHS students

can expect to be able to observe OMM in practice. In order to volunteer at the SRFC, a student 1) needs to be Get Ask, Know, Empower certified and 2) must also sign up to volunteer. Follow the instructions below on how to become certified and how to sign up to volunteer at TUSudentlifte.com (<http://www.tustudentlife.com>). **NOTE:** All volunteers must be Ask, Know, Empower certified before volunteering at clinic.

### **(1) How to Get ASK, KNOW, EMPOWER Certified for Student-Run Free Clinic**

1. Log into **Blackboard**.  
To find Blackboard: Go to TU.edu. Select the Current Students tab. Select Blackboard from the drop down menu.  
\*Username is your 6-digit student ID #. Password is defaulted to MMDD##FFLL, where MM represents your birth month, DD your day of birth, ## the last 2 digits of your student ID #, and FFLL represents the first 2 letters of your first and last names  
\*ex: Bill Clinton with birthday August 19 and student ID 285287 would have a password of **081987bicl**
2. Under the **My Organizations** section in your Blackboard, click on the link for **TUCA ASK, KNOW, EMPOWER**.
3. On the left side, click on the link titled **Information and Modules**.
4. You will see four modules: **Clinic Flow, HIPAA, Bloodborne Pathogens, and Emergencies**. Click on a module to begin. You must complete each module with a score of 100% to volunteer at clinic. You may take the modules as many times as needed.  
\*You will also see a folder here that contains the forms that are used at clinic. You may want to review these forms prior to volunteering at clinic.
5. Join the Student Run Free Clinic on **TUSudentLife.com**
6. Email the Risk Management and HIPAA Coordinator, at [AKE@tourofreeclinic.org](mailto:AKE@tourofreeclinic.org) once you have completed all your modules with a score of 100% and you have joined SRFC on TUSudentLife.com.
7. You will receive a confirmation when you have been Ask, Know, Empower (AKE) certified. Once AKE certified, you will be eligible to volunteer at clinic!

### **(2) How to Join SRFC on TUSudentLife.com**

1. Go to [TUSudentLife.com](http://TUSudentLife.com) and sign up for an account.
2. Once you are signed in, click on the **Clubs and Organizations** tab at the top of page or go to [TUSudentLife.com/clubs](http://TUSudentLife.com/clubs).
3. Scroll down to the table labeled **Volunteer**. Click on the link for **Student Run Free Clinic**.
4. You should now be on the Student Run Free Clinic page. On the left hand side, you will see a small gray box with the words **Request to Join**. Click on this icon to join. Those chosen to volunteer will be informed of their shift by COM students on Tuesday immediately preceding their Thursday clinic shift.

### **4. 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 1<sup>st</sup> and 2<sup>nd</sup> 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 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.

**5. Observe a Touro OMM laboratory session**

- Time/Day: Varies
- Contact: Sara Colt – [Sara.colt@tu.edu](mailto:Sara.colt@tu.edu)
- Basic Information: MSMHS students may observe an OMM laboratory session in order to gain some idea of what the practice of osteopathy is like and how it is taught at Touro. Please contact Sara Colt, Administrative Coordinator, to schedule a time to observe an OMM laboratory session. The best time for this opportunity is early in the spring semester; although you should probably contact Ms. Colt know so that she can add you to a shadowing list for the spring semester. There will be up to 2 MSMHS students per OMM laboratory session.

**6. Shadowing 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, I ask that you do not directly contact a Touro DO faculty member. Instead, please sign up for one of the shadowing programs below. A number of Touro DO’s are associated with these mentor/shadowing programs and often if you continue to submit requests through these sites, you can find a Touro DO that has set aside time for shadowing. You can also shadow DO’s in the local community.

- immentor (AOA): [http://cf-prd10.osteopathic.org/iLearn/index.cfm?pageid=ment\\_exchange&page=Exchange](http://cf-prd10.osteopathic.org/iLearn/index.cfm?pageid=ment_exchange&page=Exchange)
- OPSC connections: <http://www.opsc.org/?page=Connections>

**7. Integrative Medicine**

- Contact: Sara Colt – [Sara.colt@tu.edu](mailto:Sara.colt@tu.edu)  
Dr. Victor Nuno, course coordinator – [victor.nuno@tu.edu](mailto: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 at which times 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 and wanting 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 and go over the findings and discuss them to the individual who originally presented the case. MSMHSCOM students can audit some or all of this course.
- Anticipated schedule for Fall 2017:

| Session | Day      | Date     | Time  | Location | Topic                  | Speaker  |
|---------|----------|----------|-------|----------|------------------------|----------|
| 1       | Thursday | 09/14/17 | 3-5pm | Library  | Introduction to Health | Dr. Nuño |

|   |          |            |       |             |  |                              |
|---|----------|------------|-------|-------------|--|------------------------------|
|   |          |            |       | 112         | Optimization and Functional Endocrinology                                    |                              |
| 2 | Thursday | 09/28/17** | 3-5pm | Library 112 | Clinical Case Review   | Dr. Nuño                     |
| 3 | Thursday | 10/19/17   | 3-5pm | Library 112 | Clinical Case Review   | Dr. Nuño                     |
| 4 | Thursday | 10/26/17** | 3-5pm | Library 112 | Genetic SNP's, Methylation, & Nutrigenomics followed by Clinical Case Review | Dr. Hulse & Dr. Nuño         |
| 5 | Thursday | 11/02/17** | 3-5pm | Library 112 | Clinical Case Review   | Dr. Nuño                     |
| 6 | Thursday | 11/09/17** | 3-5pm | Library 112 | Clinical Case Review   | Dr. Koshland & Dr. Nuño      |
| 7 | Thursday | 11/16/17   | 3-5pm | Library 112 | Clinical Case Review   | Dr. Nuño                     |
| 8 | Thursday | 11/30/17   | 3-5pm | Library 112 | Yoga for Low Back Pain and Rehabilitation followed by Clinical Case Review   | Dr. Pierce-Talsma & Dr. Nuño |