

# Osteopathic Principles and Practice – OPP 420 Syllabus

Kansas City University  
College of Osteopathic Medicine



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## **CREDIT HOURS: 1.0**

## **COURSE DESCRIPTION**

Osteopathic Principles and Practice (OPP) is a three (3) semester online course that runs during the third year and fourth years of osteopathic medical school. OPP as defined by the American Association of Colleges of Osteopathic Medicine's Educational Council on Osteopathic Principles is a concept of health care supported by expanding scientific knowledge that embraces the concept of the unity of the living organism's structure (anatomy) and function (physiology). Osteopathic philosophy emphasizes the following principles: (1) The human being is a dynamic unit of function; (2) The body possesses self-regulatory mechanisms that are self-healing in nature; (3) Structure and function are interrelated at all levels; and (4) Rational treatment is based on these principles (Glossary of Osteopathic Terminology, 2011).

Course Goals	Core Competency	EPA
The OPP course focuses on the integration of OPP, including osteopathic manipulative treatment (OMT), into clinical problem solving and patient care. The clinical conditions covered each semester will be based on the top diagnoses coded nationally for each covered organ-system or specialty. Special emphasis will be placed on the top outpatient clinical diagnoses coded by osteopathic physicians as documented by the National Ambulatory Center Database and those diagnoses that respond well to adjunctive OMT.	I-XIV	1-13

## INSTRUMENT(S) OF STUDENT EVALUATION AND ASSESSMENT

- *Students will be evaluated through a combination of one or more of the following assessment modalities*
  - *OPP Modules*
  - *Online Assessments*
  - *OMM Practice Logs*
  - *OMM Didactics & Quizzes*

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## COURSE OBJECTIVES

Comprehensive course objective include the following:

1. Develop an appreciation of the osteopathic approach to patient care and increase confidence and competence in application of osteopathic skills.
2. Demonstrate the ability to write and converse regarding the osteopathic approach to health and disease.
3. Identify, describe, and define the distinctiveness of the osteopathic profession in the health care field.
4. Identify, define, describe, and demonstrate accurate expression of physical findings using professional osteopathic terminology.
5. Identify, describe, and define the physical signs of somatic dysfunction using the tenderness, asymmetry, restricted range of motion, tissue texture abnormalities (TART) format.
6. Demonstrate ability to discern physical signs of somatic dysfunction using the TART format.
7. Demonstrate accurate identification and assessment for somatic dysfunction in the head, cervical, thoracic, rib, lumbar, pelvis, sacrum, abdomen, upper extremity and lower extremity body regions.
8. Identify, describe, and define the major osteopathic manipulative techniques, including soft tissue, muscle energy, high velocity, low amplitude (HVLA), low velocity, moderate amplitude (LVMA), balanced ligamentous tension, counterstrain, myofascial release, facilitated positional release, ligamentous articular strain, cranial OMT, Still, and visceral techniques.
9. Identify, describe, and define the indications and contraindications for specific osteopathic manipulative treatment techniques.
10. Demonstrate the ability to position the patient in a manner that is safe, comfortable, and maintains dignity while diagnosing somatic dysfunction.
11. Demonstrate efficient physician ergonomics while diagnosing somatic dysfunction.
12. Demonstrate the ability to position the patient in a manner that is safe, comfortable, and maintains dignity during the performance of osteopathic manipulative treatment.
13. Identify, define and describe the vascular and lymphatic relationship in systemic disease.
14. Describe the lymphatic drainage routes from each region of the body and describe lymphatic treatment approach for each body region.
15. Identify, define, and describe the spinal segmental level of the sympathetic innervation of the visceral organs.
16. Identify, define, and describe the brainstem and spinal segmental level of the parasympathetic innervation of the visceral organs.
17. Identify, define, and describe the neurologically mediated influences between the autonomic nervous system and the musculoskeletal system including somatovisceral, viscerosomatic, somatosomatic, and viscerovisceral reflexes.
18. Map the anterior Chapman's points and state their visceral associations.
19. Discuss the evidence base for manual medicine for various clinical conditions and clinical settings.
20. Use medical informatics to access the evidence base for manual medicine.

#### Module Objectives - For each covered condition

1. State how the condition is defined and its diagnostic criteria (where applicable).
2. Describe the epidemiology of the condition and how the condition may vary in different age groups.
3. Describe the pathophysiology including the etiology and risk factors of the condition.
4. Describe the clinical manifestations of the condition.
5. Describe the physical examination findings of the condition with particular emphasis on the musculoskeletal manifestations of the condition.
6. Describe the types of diagnostic studies used to assess the condition and state risks, benefits and indications of each study.
7. List the differential diagnoses for each condition.
8. Describe the pharmacological, surgical, and lifestyle and other conservative interventions used in the management of the condition and discuss the risks and benefits of each. Describe how each type of intervention relates to one or more of the five osteopathic treatment models – biomechanical, respiratory –circulatory, metabolic, neurologic, and behavioral.
9. Describe the osteopathic manipulative treatment approach to management of the condition and discuss the treatment goals of the various types of techniques with specific emphasis on the five osteopathic treatment models.
10. Describe the specific steps to treating somatic dysfunction related to the condition with major osteopathic manipulative techniques, including soft tissue, muscle energy, HVLA, LVMA, balanced ligamentous tension, counterstrain, myofascial release, facilitated positional release, ligamentous articular strain, cranial OMT, Still, and visceral techniques.
11. Describe the prognosis of the condition and the factors that affect the prognosis.
12. Describe preventative measure to prevent occurrence and recurrence of the condition.
13. For the assigned manual medicine research reading assignment, state the inclusion and exclusion criteria, methodology including types of manual techniques, results, and relevance to clinical practice.

## COURSE CONTENT OUTLINE

The OPP course includes an OMM review and independent systems-based or specialty-based modules that will review anatomy, physiology, diagnosis, and treatment options including osteopathic manipulative medicine (OMM) for each covered diagnosis. Individual modules may be completed in advance as long as the assessments are submitted by the posted due date and time for each module. All competency requirements will be applied to all submissions regardless of early submission. (SEE APPENDIX A & B)

### OMM Review

Reviews of OMM, as taught in the first and second year ECOS curriculum, will be available each semester on the CANVAS course sites. Individual reviews will focus on diagnosis and treatment of somatic dysfunction of each body region. Diagnosis reviews will be body region specific: cranium, cervical, thoracic, ribs, lumbar, pelvis, sacrum, abdomen, upper extremity, and lower extremity. OMT reviews will be technique specific. Material presented in each of these OMM reviews is comprehensive throughout the three semester OPP curriculum

## OPP Modules

Each semester will include independent systems-based or specialty-based modules that will review anatomy, pathophysiology, diagnosis, and treatment options including OMM for each covered diagnosis. Each module will include: Units on integrated diagnosis and treatment for specific clinical conditions or for specialized patient populations; research articles for review; and an online multiple-choice assessment. Special emphasis will be placed on the top outpatient clinical diagnoses coded by osteopathic physicians as documented by the National Ambulatory Center Database and those diagnoses that respond well to adjunctive OMM. Self-study topics or reading assignments may be included within the units and should be completed prior to taking module assessment.

## Online Assessments

Each module will include an electronically delivered, timed, written assessment of approximately 20 case-based multiple choice or matching items focusing on the material covered in the module and related OMM diagnosis and treatment review material. Objectives will be provided for each module to guide the learner in preparation for the assessment. Online written assessments for each semester may be completed in any order. Deadlines will be posted for the required completion of the assessments. Assessments are due every **10<sup>th</sup> of the month** and will lock after the deadline. After a second attempt at an assessment there will not be further attempts allowed, unless due to an approved absence. Students who miss a deadline, unexcused, will result in the loss of 50% of the possible points for that assessment (See Appendix A & B for complete point deductions in the process).

**All assessments and assignments must be submitted to complete the course.**

Students are held to the honor code while taking the assessments and may not discuss the content of the assessments with their student colleagues. See KCU Honor Code of Academic Conduct available [here](#).

Failure to abide by the code of conduct may result in disciplinary actions as outlined KCU Student Handbook available [here](#).

## OMM Practice Logs

To encourage practice of OMT in a variety of clinical settings and for variety of conditions, osteopathic students will be required to perform **ten [10]** total supervised OMM treatments per semester on patients or volunteers and keep a log of those treatments. Record the chief complaint(s), the treatment date, patient age, and sex, the body regions treated, and types of OMT used. A single patient with multiple chief complaints may only be counted as one patient (or volunteer) on any given day. Identify the physician who supervised each individual OMM treatment by printing their name in the designated column next to the treatment information. Each physician (DO or MD) who supervised one or more OMM treatment(s) will need to sign once each semester at the bottom of the practice log form to verify their supervision.

Practice Logs will be turned in once per semester by online submission to Canvas by the designated date and time. **Students who miss the deadline will be subject to the Missed Deadline Policy process (SEE APPENDIX B).** Log forms may be completed electronically using a program such as Notability and uploaded by the specified due date. Accepted uploaded

files types include .jpg, .doc, and .pdf. Other file types may not be accepted if they cannot be opened by the grader.

### **Practice Logs must be submitted to complete the course**

#### **OMM Didactics & Quizzes**

Monthly didactics will be added to the canvas course for students to review. Students are required to review each didactic session each month. There is a quiz associated with each didactic session. A 100% must be achieved to successfully complete (pass) the quiz. There is no time limit on the quiz. Student may attempt each question as often as you like until you get the right answer. Quizzes are due at the end of the month and will lock after the deadline. These will not be reopened unless due to an approved absence.

**Didactic quizzes must be submitted in order to successfully pass the OPP course. Students who miss the deadline will be subject to the Missed Deadline Policy process (SEE APPENDIX B).**

#### **RECOMMENDED TEXTBOOKS**

Kimberly, P.; *Outline of Osteopathic Manipulative Procedures: Kimberly Manual, 2006 Edition* (2008)

Snider, K., Glover, J.: *The Atlas of Common Counterstrain Tender Points* 2013

Through the LWW Osteopathic Collection you have at your disposal several Osteopathic Texts that are up to date.

- Access these through the KCU Intranet page, click on the 3-bar tab in the upper left corner. Click on the library tab. Click on the “Osteopathic Collection/LWW Health Library” under “Popular Databases”. Click on Texts and you will see eight textbooks that can be utilized for reference for the course

#### **STUDENT RESPONSIBILITIES**

The OPP curriculum is a self-paced curriculum with specific deadlines for completion of assignments and assessments. The provided module material and the OMM review material are designed to enhance the students understanding of osteopathic principles and encourage integration of OPP, including OMT, into clinical problem solving and patient care.

Prior to performing OMM treatments in the clinical setting, students must first ask permission from their clinical preceptor, and then ask permission from the patient. Students are expected to be able to explain the clinical reasoning for the use of OMM to their preceptor and the risks and benefits of OMM to the clinical patients. When clinical patients are not available for practice, then volunteer patients may be treated, but the clinical preceptor, resident physician, DME or Regional Assistant Dean must verify these practice treatments.

### Assessment: Missed or Late Deadline or Score below Minimal Competency Level

The OPP curriculum is a self-paced curriculum with specific deadlines for completion of assessments. Missed deadline of any assessment will result in the loss of 50% of the available points for that assessment. No missed deadline or late assignments/assessments may be remediated for full points without an excused absence. Any assessment score below 75% or late/missed deadline will require a retake of the assessment in 1 week for the maximum of 50% of the total points for that assessment. Retake scores that are less than the 75% competency will result in another 25% deduction of the points for that assessment. Therefore, the final score for that assessment/assignment is 25% of the total available points (SEE APPENDIX A). Missing the retake deadline will be counted as another unexcused missed deadline; the score entered into the gradebook will be 25% of the points for that assessment. Should this be the 3<sup>rd</sup> missed deadline, this will be a failure of the course. (SEE APPENDIX B)

### Excused Absences

The KCU Clerkship Excused Absence policy will be enforced in this course. Therefore, please review the policy in the Clerkship manual for proper submission of an excused absence from completing any portion of this course.

## EVALUATION & GRADING

In order to pass OPP 420, the student must have a **FINAL GRADE average of at least 75%**. The final grade for the semester will be calculated as follows:

### Semester 3 (OPP 420)

Component	Evaluation Tool	% Of Final Grade
Module Assessments Each is equally weighted-Example: Module 1 OB/GYN Module 2 Surgery Module 3 Musculoskeletal 3	Canvas	<b>45% of the final grade</b>  15.00 % of the final grade 15.00 % of the final grade 15.00 % of the final grade
OMM Practice Log	OMM Log	<b>30% of the final grade</b>
Monthly Didactics	Canvas	<b>20% of the final grade</b>
Course Evaluation	eValue	<b>5% of the final grade</b>
Component	Final Grade	Minimum Final Grade Average Required
<b>Semester 3 OPP 420</b>	<b>PASS/FAIL</b>	<b>Average of at least 75%</b>

### Course Remediation: OPP 420

At the end of the semester, all grades will be reported to the Registrar office. Any failures will be reviewed before potential remediation processes begin. The following process will be implemented upon receipt of KCU-COM SPC approval to remediate the course. The student will be then be notified of the remediation assignment. A more detailed discussion of how to be successful in passing this remediation assignment will be forwarded to the student at that time. This will include specific item topics, the required elements of a COMLEX style item, rules for how to define somatic dysfunction and what type of OPP/OMM concepts are able to be utilized for the topic. The remediation assignment will consist of writing 15 original COMLEX style OPP/OMM multiple choice items that will cover course specific topics as assigned by the course director. Each of these items **MUST** be original and **NOT** copied from any other source.

**Generative AI CANNOT be used to create your items. Please see the KCU Generative AI policy using the following link:**



<https://cdn.agilitycms.com/kansascityuniversity/intranet/policies/2025.04%20Final%20Generative%20AI%20Policy.pdf> . Each item must include a rationale in paragraph form at the end of the item. Do not place each answer choice's rationale with the answer choice. The rationale must explain why the answer is correct and why each distractor is incorrect. An appropriate reference to support the item must be listed as well. OMM Review texts are NOT appropriate references. Find OMM texts in the LWW Osteopathic Collection folder on the KCU Library site (See recommended text section for how to find this folder). All items must be relevant to OMM and its clinical application. A due date and time will be clearly noted on the assignment, the proper format, and where to submit the document will also be included. Not turning the assignment in on time, plagiarism, incorrect item formatting of greater than 50% of the assignment will be considered as a failure of the remediation, an automatic suspension, and referral to the COM SPC as per KCU-COM policies.

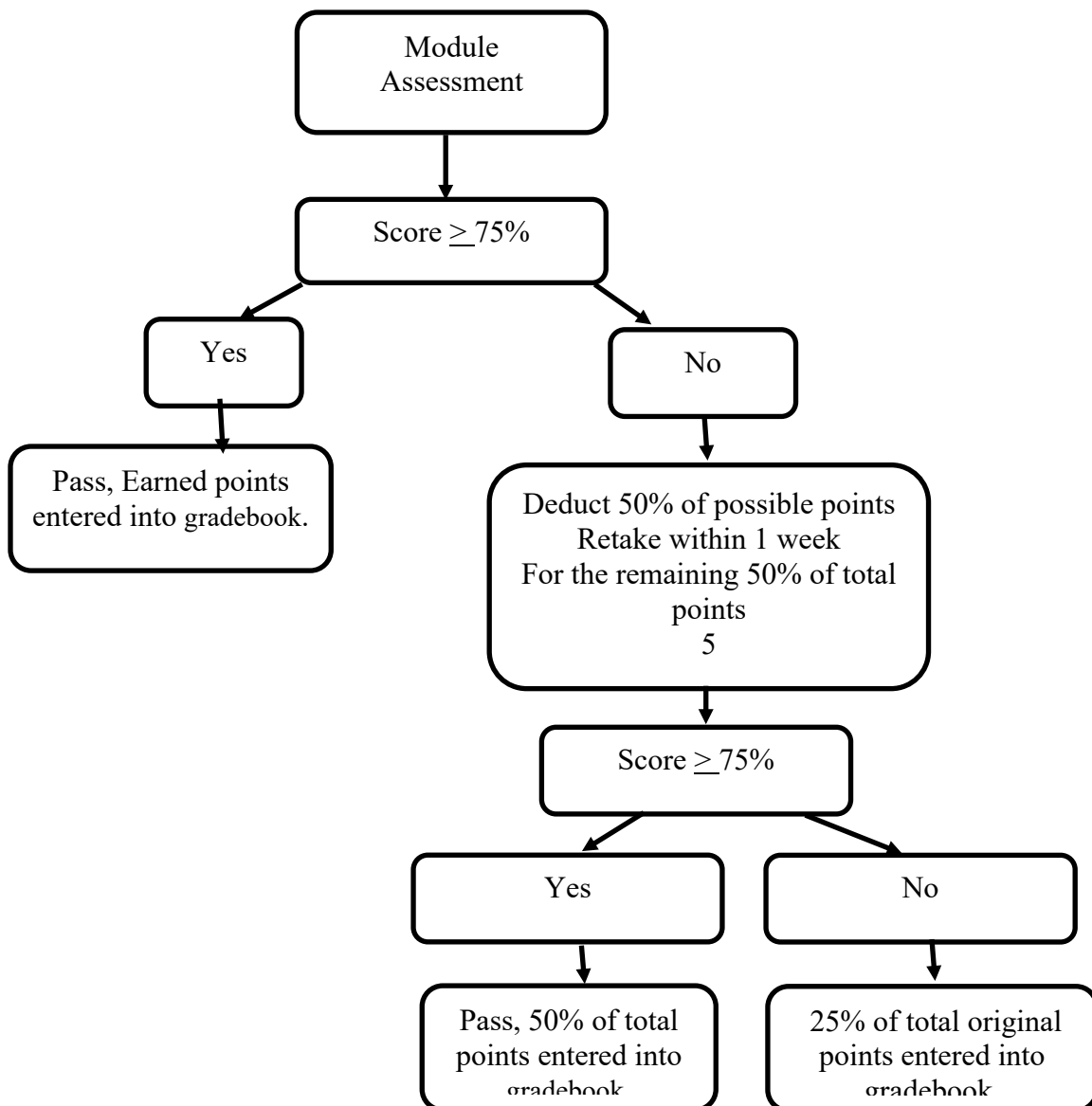
**Grading of the remediation assignment will consist of evaluating each item for possessing all of the required elements and plausible clinical relevance to OMM and OPP. The required elements are chief complaint, History and physical examination inclusive of somatic dysfunction findings, clear lead-in question, multiple choice with 1 correct answer and 4 to 6 distractors, paragraph form for the rationale, and proper source to support the item concept.** Once remediation is successfully completed and passed, the student will be notified of the process outcome. The final grade submitted will be F/P, if remediation was successful. If remediation is unsuccessful, F/F will be submitted.

### **Online Assessment Item Challenges**

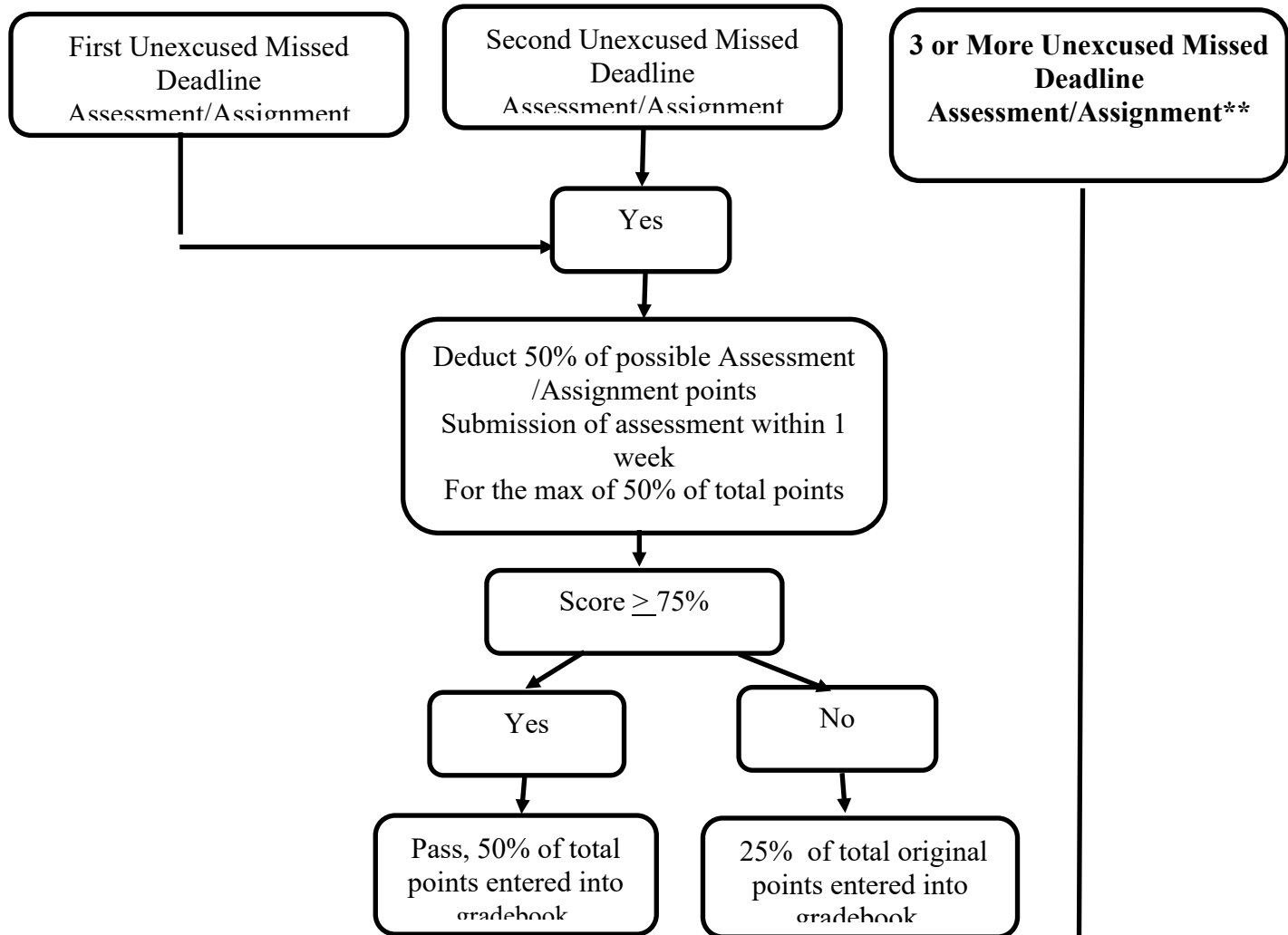
Students may submit challenges to online assessment written items by submitting a summary of the module, assessment item, and provided reference documentation to support their answer. All didactic challenges will be thoroughly reviewed and adjustments will be made as appropriate by the Course Director. All module assessment challenges will be forwarded to the authors of the course for review and adjustments made, if the challenge is accepted. No challenges will be accepted without reference documentation to support student's answer.



## Appendix A Module Assessment Policy



## Appendix B Missed Deadline Policy



**\*\* Missing 3 or more Assessments or Assignments deadline will result in:**

- Failure of the course. The loss of points will not result in meeting the course competency, set at 75%, despite achieving 100% of remaining possible points.
- Despite course failure, the all course material must be passed at the 75% competency. Therefore, the student will be required to submit all missed or remaining assessments/assignments, scored at the required 75% competency.