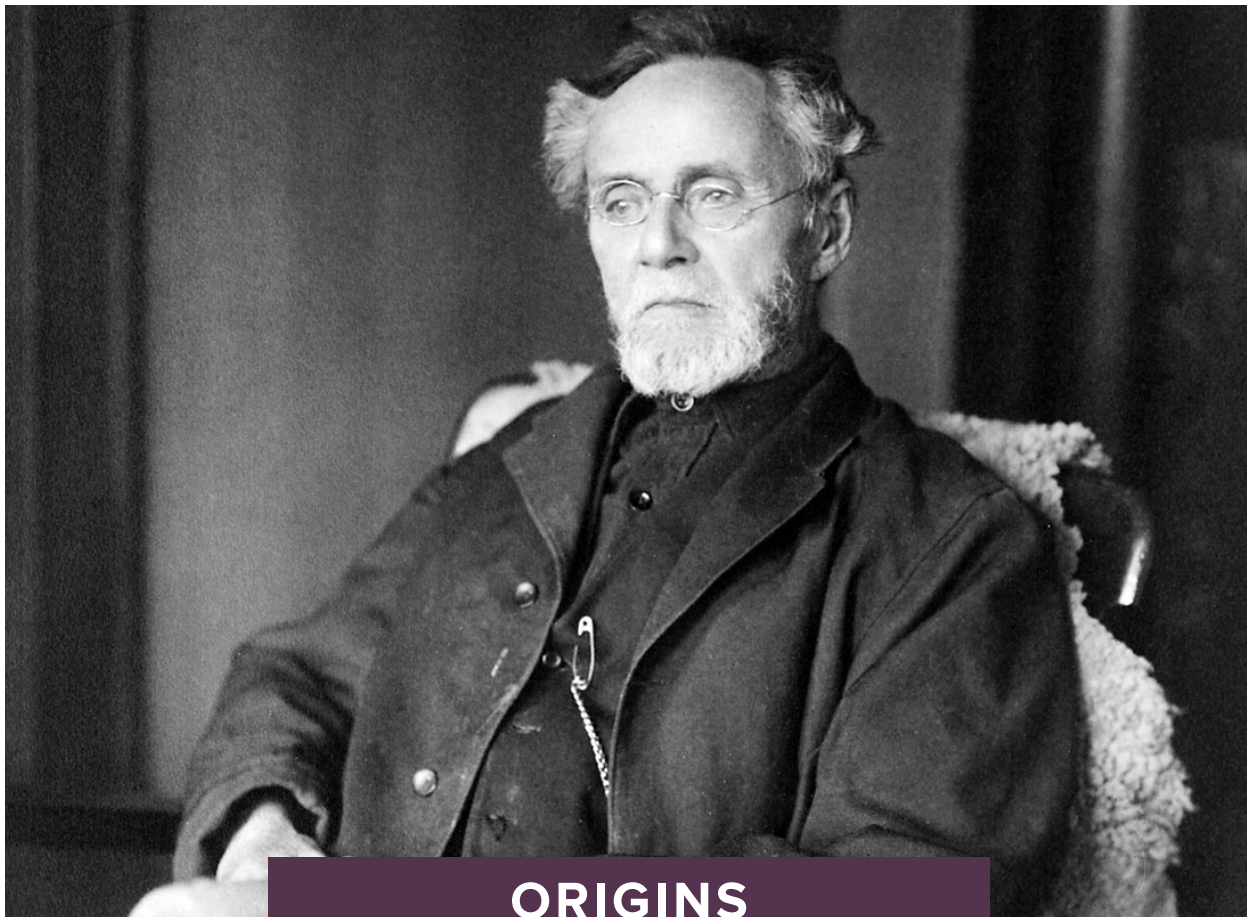


# TO DO GOOD



a guide to understanding *osteopathic medicine*



## ORIGINS

founding *osteopathic* medicine

The profession of osteopathic medicine was founded by Andrew Taylor Still, DO, an allopathic physician who had served as a hospital steward and surgeon during the Civil War. Still's experiences during the war and the subsequent deaths of his first wife to childbirth complications, three children to spinal meningitis and one child to pneumonia led him to become discouraged with the common medical treatments of the time, viewing them as ineffective at best and lethal at worst.

So, in an effort to improve medical care for others, Still studied, observed and experimented for more than a decade. Finally, in 1874, he unveiled a new medical philosophy that emphasized the concepts of holism, prevention and manipulation and adhered to the belief that all body systems are interrelated and dependent upon one another for good health. He named this philosophy osteopathic medicine.

In 1892, Still founded the first osteopathic medical school, then called the American School of Osteopathy and now known as A.T. Still University, in Kirksville, Missouri. In the years to follow, other osteopathic medical schools were founded to expand access to osteopathic medical education. Kansas City University (KCU), then known as the Kansas City College of Osteopathy and Surgery, became the fifth college of osteopathic medicine when it was founded in 1916.

In 1897, a group of Still's students established the American Association for the Advancement of Osteopathy, now known as the American Osteopathic Association (AOA). Today, the AOA continues to advance Still's mission by promoting the unique philosophy and distinct practice of osteopathic medicine. In addition, the association serves as the primary certifying body for all osteopathic physicians and currently represents more than 186,000 osteopathic physicians and medical students across the nation through education and advocacy efforts.





## PRINCIPLES

the *osteopathic* philosophy

The osteopathic philosophy continues to embrace the idea of the unity of structure (anatomy) and function (physiology) first developed by Andrew Taylor Still, DO, in order to support the body's natural tendency toward self-healing and health.

These guiding principles are formally known as the Tenets of Osteopathic Medicine and are regarded as official policy by the AOA. There are four main Tenets of Osteopathic Medicine:

### TENET ONE

THE BODY IS A UNIT; THE PERSON IS A UNIT OF BODY, MIND AND SPIRIT.

### TENET TWO

THE BODY IS CAPABLE OF SELF-REGULATION, SELF-HEALING AND HEALTH MAINTENANCE.

### TENET THREE

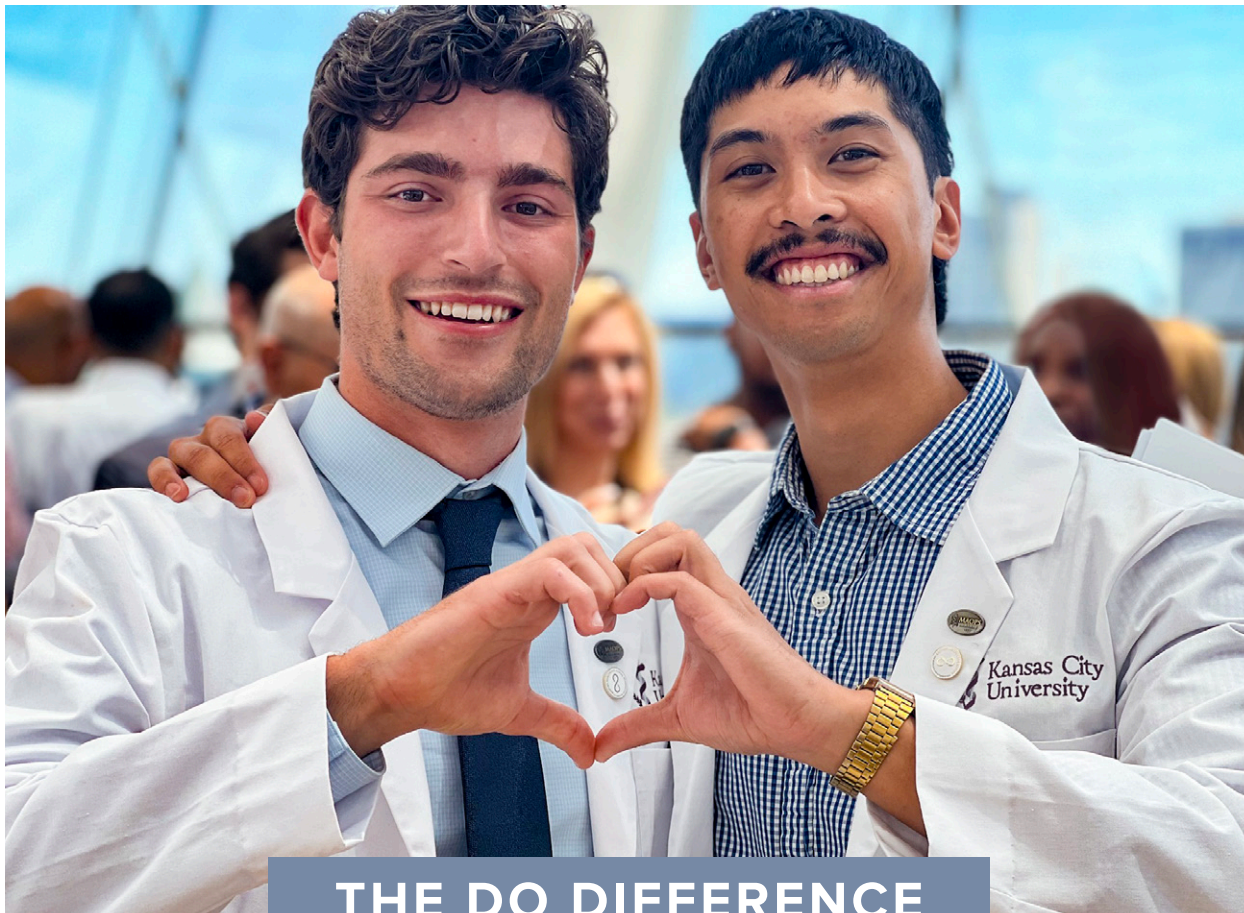
STRUCTURE AND FUNCTION ARE RECIPROCALLY INTERRELATED.

### TENET FOUR

RATIONAL TREATMENT IS BASED UPON AN UNDERSTANDING OF THE BASIC PRINCIPLES OF BODY UNITY, SELF-REGULATION AND THE INTERRELATIONSHIP OF STRUCTURE AND FUNCTION.

*Read more official osteopathic medical profession policies, including the Code of Ethics, as established by the AOA by scanning the QR code or navigating to: [osteopathic.org](https://osteopathic.org)*





## THE DO DIFFERENCE

being an *osteopathic* physician

Doctors of Osteopathic Medicine (DO), are fully licensed physicians who practice in all specialties of medicine, just like their allopathic (MD) counterparts. What makes osteopathic medicine unique is the commitment all DOs make to maintain a holistic approach to treatment in partnership with their patients and to help improve the health of underserved communities, as well as additional training in areas only available to DOs.

### CONSIDER A CAREER AS AN OSTEOPATHIC PHYSICIAN IF:

#### YOU WANT TO ADDRESS ISSUES OF HEALTH EQUITY

*DOs are dedicated to improving access to health care for patients in rural, urban and underserved areas. According to the American Association of Colleges of Osteopathic Medicine (AACOM), DOs have a greater impact on the U.S. population's health and well-being despite being fewer in number than MDs due to the number of DOs practicing primary care – particularly in underserved areas.*

#### YOU BELIEVE IN HOLISTIC HEALTH AND WELLNESS

*Additional training in the musculoskeletal system, specialized physical manipulation techniques, patient-centered communication and, increasingly, social determinants of health enable DOs to deliver exceptional patient care. DOs are trained to see how an injury or illness in one part of the body can affect another, helping them to better address the complex health needs of the patient as a “whole-person.”*

#### YOU WANT TO FOCUS ON THE PERSON – NOT THE PROBLEM

*Many doctors chose a career in medicine because a personal or familial experience with health. DOs believe in using the power of that compassion to drive their daily practice by allowing it to guide the formation of strong, caring and trusting physician-patient partnerships. These partnerships help DOs better understand patients' needs, which in turn helps them to develop more intentional and effective treatment plans that can lead to improved patient outcomes.*





## THE DO DIFFERENCE

being an *osteopathic* physician

DOs use all of the standard skills and tools available through modern medicine to care for their patients, just like MDs. But, medical education for DOs also incorporates advanced training in areas that aren't studied by student doctors in MD programs. One of these key differentiators is Osteopathic Manipulative Medicine (OMM), also referred to as Osteopathic Manipulative Treatment (OMT).

In general, OMM refers to a wide array of physical manipulation techniques using the therapeutic application of pressure or force. Importantly, DOs are the only type of physicians trained and licensed to provide OMM. There are dozens of specific OMM techniques that can be used to help eliminate bodily dysfunction. When appropriate, DOs implement one or more OMM techniques into a patient's treatment plan to remove the physiologic, anatomic and/or pathologic barriers preventing healing. OMM can be used on patients of all ages and for a variety of treatment needs, including: diagnosing illness and injury; providing pain relief; restoring range of motion; and enhancing the body's capacity to heal.

OMM is foundational to the original philosophy of osteopathic medicine and directly aligns with the official Tenets of Osteopathic Medicine. It is also gaining renewed respect as patients become increasingly interested in pursuing more holistic treatment options. The degree to which each practicing DO implements OMM techniques depends largely on their specialty and their own patients' needs, but every DO utilizes the underlying skills and knowledge of "whole-person" care they gained during OMM training throughout their entire career as an osteopathic physician.

*Watch AACOM's "What is Osteopathic Manipulative Medicine (OMM)?" on Youtube by scanning the QR code:*





## CHOOSING DO OR MD

the *osteopathic* advantage

If you're still having trouble deciding between becoming a DO or MD, here's some good news – becoming either type of physician is a great accomplishment, and you will make a real difference in the health and lives of countless patients regardless of which two letters follow your name. Only you will know which path is right for you, but here are some facts to help you navigate the common concerns future physicians have when making this choice:

### HOW IS MED SCHOOL DIFFERENT?

*Both DO and MD programs are generally four years with classroom learning followed by clinical experiences. However, students in DO programs also receive training in OMM and other skills necessary for “whole-person” care. Students in MD programs don't receive this advanced training.*

### WILL I HAVE LIMITED OPTIONS FOR RESIDENCY?

*As of July 2020, the AOA and the Accreditation Council for Graduate Medical Education (ACGME) transitioned to a single accreditation system for residency training. This means that students from both DO and MD programs now have access to the same residency spots, removing an obstacle that previously limited the number of residencies available to DOs.*

### HOW ARE BOARD EXAMINATIONS DIFFERENT?

*Both DOs and MDs must pass their medical board examinations to fully meet licensing requirements. DOs complete the Comprehensive Osteopathic Medical Licensing Examination of the United States (COMLEX). MDs complete the United States Medical Licensing Examination (USMLE). Some DOs also complete the USMLE in an effort to strengthen their residency applications, but both COMLEX and USMLE are considered equal exams by governing and accreditation associations.*

### WHICH IS THE MORE QUALIFIED PHYSICIAN?

*Neither. Both DOs and MDs are considered complete physicians, and they are the only two medical practitioners qualified as such, having completed the same basic requirements for licensure.*





## WHY KCU?

College of *Osteopathic Medicine*



When Kansas City University was founded in 1916, we were essentially a start-up college leasing the fourth floor of a downtown Kansas City, Missouri, warehouse. With limited ventilation, poor lighting, no elevator and steep, narrow stairwells shared with other building tenants, KCU's first home was remarkably different than our current campuses. But our purpose has stayed the same: to provide education that helps ensure a healthier future for all.

Today, KCU has grown to become a fully-accredited, private, not-for-profit health sciences university with Colleges of Osteopathic Medicine, Biosciences and Dental Medicine. The KCU College of Osteopathic Medicine is located on our campuses in both Kansas City and Joplin, Missouri. By expanding our programs and locations, KCU is now able to better address the health needs of both urban and rural communities through education, outreach and a mission of *improving the well-being of the communities we serve*.

And, as a KCU student doctor, you'll be an integral part of those efforts. Our students are making history every day by living our mission, vision and values for the benefit of others – and you can, too. So, if you're beginning to think that osteopathic medicine may be the right career for you, consider if the KCU College of Osteopathic Medicine might also be the right med school to get you there. Our Admissions team is ready to help you learn more about KCU and navigate the path between thinking and DOing.

When you're ready, email [admissions@kansascity.edu](mailto:admissions@kansascity.edu) to take the next step.

## OUR MISSION

*Improving the well-being  
of the communities we serve.*



OF ALUMNI PRACTICE  
IN UNDERSERVED  
COMMUNITIES

2

UNIQUE CAMPUS LOCATIONS  
ESTABLISHED TO SERVE BOTH  
URBAN & RURAL COMMUNITIES

## OUR VISION

Changing health care for good.

6<sup>th</sup>

LARGEST  
MEDICAL SCHOOL  
IN THE NATION

9<sup>th</sup>

MOST IMPACTFUL  
MEDICAL SCHOOL  
IN PRIMARY CARE



kansas city, mo

HEARTLAND CHARM  
MEETS URBAN ENERGY



joplin, mo

COMMUNITY STRONG WITH  
CROSSROADS TO CULTURE

## OUR VALUES

- |            |  |  |
|------------|--|--|
| Excellence |  | <i>Striving for quality,<br/>integrity and innovation</i>            |
| Equity     |  | <i>Supporting an inclusive and<br/>collaborative environment</i>     |
| Empathy    |  | <i>Caring for our students, our<br/>colleagues and our community</i> |

10<sup>th</sup>

MOST AFFORDABLE  
PRIVATE MEDICAL  
SCHOOL IN THE NATION

# WHY KCU?

College of Osteopathic Medicine

EXPERIENCE THE KCU CAMPUS COMMUNITY

*Book a personal campus tour or access our virtual tour options  
by scanning the QR code or navigating to: [kansascity.edu/visit](https://kansascity.edu/visit)*







**KANSAS CITY CAMPUS**

1750 Independence Avenue | Kansas City, Missouri 64106

**JOPLIN CAMPUS**

2901 St. Johns Boulevard | Joplin, Missouri 64804

816-654-7160 | 1-877-425-0247

[admissions@kansascity.edu](mailto:admissions@kansascity.edu)

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