As owners, our policyholders benefit directly when claims experience is favorable. The MICA Board of Trustees has declared a member dividend* of $25 million, representing approximately 27% of an annual premium to be distributed to participating member policyholders. Following this distribution, MICA, a true mutual company, will have returned $625 million to our member owners since inception, with $130 million in the last five years alone.

If you are a MICA member, thank you for your support. If you are not currently a MICA member, please visit mica-insurance.com to learn more about potential dividends and other benefits available to our policyholders, or contact us at 602.956.5276.

* The dividend declared for the 2018 policy year reflects the Company’s financial performance. Past performance does not guarantee future dividends. This policy has exclusions, limitations, and terms under which the policy may be continued in force or discontinued. For costs and complete details of coverage, contact your insurance agent or MICA.
The Official Publication of the Arizona Osteopathic Medical Association

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President’s Message

Food for Thought

Over the past year, we have been focused on becoming osteopathic “chefs” and utilizing our “not so secret” ingredient, the AOMA, to help us create recipes for professional success. If you have been watching the past year unfold, I hope you agree that it has been an eventful and busy year filled with many opportunities to keep ourselves relevant and forge new paths. AOMA has been really cookin’ and shining as the “executive chef” in the Arizona healthcare community.

Here are some highlights of the innovative “recipes” created by your AOMA leadership and staff.

Transformational Plan

In June 2018, the AOMA Board of Trustees approved a Five-Year Transformational Plan for the Association. Five Strategies were adopted with short-term and long-term action items.

- **Strategy 1: Innovate & Expand Legislative Advocacy**
  
  **Progress Update:** AOMA has developed a branded AOMA Action Alert utilizing a grassroots advocacy program to directly link members with their elected officials to convey messages of support or opposition of legislative issues.

- **Strategy 2: Engage Arizona Payers & High-Value Partnerships**
  
  **Progress Update:** Meetings are underway and being scheduled with medical directors/physician liaisons of high volume payers to improve communications and proactively address problems and work on issues of mutual benefit for patients.

- **Strategy 3: Increase Member Voice & Engagement through Innovation & Technology**
  
  **Progress Update:** The AOMA website is being redesigned and will be fully optimized for mobile use.
  
  **Progress Update:** “AOMA Asks” was launched to survey members on what matters to ensure rapid responses to members needs and suggestions.
  
  **Progress Update:** AOMA is bolstering use of social media and digital communications through a public relations firm to increase visibility and improve member outreach and communications.

- **Strategy 4: Revitalize Opportunities to Connect & Network & Promote Osteopathic Medicine**
  
  **Progress Update:** The Arizona Society of the American College of Osteopathic Family Physicians (AzACOFP) has contracted AOMA to manage its affairs and reinvigorate its membership, operations, and services.
  
  **Progress Update:** Hosted and scheduling new Mix and Mingle networking events to connect physicians through activities and social events.

Angela DeRosa, DO, MBA, CPE
2018-2019 AOMA President
Progress Update: AOMA 100th Anniversary Celebration planning is underway for 2021. Artifacts and memorabilia are being gathered to celebrate the history of osteopathic medicine in Arizona.

- **Strategy 5: Support Member Ability to Practice Successfully**
  Progress Update: Partnered with Arizona State University College of Health Solutions on a multidisciplinary initiative to address the root causes of physician burnout through the identification and development of strategic policy solutions.

**Progress Update:** The AOMA Business Partner program has been restructured to provide more quality, meaningful services through the AOMA membership.

**Legislative Efforts**
Protecting the practice of medicine is a primary objective for the AOMA. AOMA Executive Director Pete Wertheim and AOMA contract lobbyist Steve Barclay, JD, are at the forefront of efforts among stakeholders advocating for access to high quality, cost-effective healthcare. The AOMA Legislative and Student Legislative Affairs Committees and staff are busy tracking approximately 100 bills plus another couple dozen bills of significant interest to actively support and/or oppose. (See the Executive Director’s message for details.)

**Opioid Prescriber Education**
The Arizona Department of Health Services (AzDHS) has awarded AOMA a SAMHSA State Targeted Response Grant to develop a series of training modules on the various opioid laws, 2019 Opioid Prescribing Guidelines, and Medication Assisted Treatment. The target audience for the training is physicians, nurse practitioners, dentists, other prescribers, and healthcare facility personnel. The content will be accredited for all provider types and will be provided free by AzDHS through an interactive e-learning platform hosted by Arizona State University College of Health Solutions. The training will be available later in 2019.

**Annual Convention Growth**
Over the past five years attendance at the AOMA Annual Convention has grown by nearly 20% As the largest annual medical meeting in Arizona and the anticipated continued growth with the offering of both AOA and AMA continuing medical education credits, AOMA has found a new venue for the Convention that can accommodate additional attendees. Beginning in 2020, the Convention will be at the Embassy Suites by Hilton Scottsdale Resort.

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Food for Thought continued on page 4
Online CME
AOA rules regarding online CME have changed dramatically over the past several years. An ever-increasing number of physicians are looking for high-quality, relevant osteopathic on-demand continuing medical education. AOMA is a leader in the development of online CME content, offering AOA Category 1-A, 1-B, and 2-B credits through the DOCME learning platform. More than 70 different lectures are available in the AOMA catalog, plus more than 100 topics presented by other state osteopathic associations. Plans to offer AMA PRA 1 credits™ are underway.

Arizona Leaders on the National Stage
AOMA is proud to be well-represented on the national stage by some of our own. Karen Nichols, DO, MA, FACOI, is Vice Chair of the Board of Directors for the Accreditation Council for Graduate Medical Education (ACGME) and is Chair of the United Federation of Osteopathic Societies (UFOS). Shannon Scott, DO, FACOFP, is Third Vice President of the American Osteopathic Association (AOA) Board of Trustees. Lori Kemper, DO, MS, FACOFP, is Chair of the American Association of Colleges of Osteopathic Medicine (AACOM) Board of Deans, and Jamie Shawver, OMS IV, and AOMA Executive Director Pete Wertheim, MS, serve on the AOA’s Bureau of Federal Health Programs.

As I reflect on this past year as AOMA President, I do so with great pride and accomplishment, as well as a reminder that our work has only just begun. Thank you for the opportunity to serve my profession.

“Save your fork” for the upcoming next course. Dr. Chris Labban will “Lead the Way” as we come together at the AOMA 97th Annual Convention at the Scottsdale Hilton Resort on April 10 to 14, 2019. Full agenda and information are available at www.az-osteo.org/2019Conv.

AOMA is the perfect “test kitchen” to get involved and we need more chefs in the galley. I offer this “food for thought” and encourage you to attend the informative and fun CME events, join a committee, consider running for a leadership position on the Board of Trustees or the House of Delegates, and contribute to the AOMA PAC. A healthy, growing membership base allows your Association to continue to promote and protect your profession. Recruit your colleagues – DOs and MDs – to join us at the table as members of AOMA. Bon appetit!

Keep current on all the latest news from AOMA!
Like us on facebook
Follow us on twitter
Find us on Instagram
Connect on LinkedIn
And confirm your email address with AOMA.
Login and update your profile! www.az-osteo.org
Good Grief! Where Do So Many Bills Come From?

It is February 11th, the 28th day of the 54th Legislative Session and there have been more than 1,200 bills introduced by 90 legislators in the House of Representatives and Senate.

Even for a seasoned veteran at the Capitol, this is a startling number of bills when you consider the legislature is only supposed to be in session for 100 days! I like to share these statistics with people unfamiliar with the process so they can appreciate the complexity and challenges of working at the Capitol – a little pity and sympathy is appreciated this time of year as well. Lobbying is not the glamorous job portrayed in movies. It is exceptionally stressful work with enormous risks and rewards.

AOMA lobbyist Steve Barclay, JD, and I review all of these bills to assess their impact on physicians and patients and whether they need to be monitored and/or if action by AOMA is needed. We typically track more than 100 bills and proactively work on 30-40 of them in a normal legislative session. Prior to the legislative session, we are usually aware of about 15-20 bills that are going to be introduced. A majority of bills are surprises – some good and many not so good. Not long ago, it was unprofessional and inconsiderate for legislators and lobbyists to have legislation introduced without a courtesy warning to the stakeholders impacted positively or negatively by the legislation. Sadly, this decorum has rapidly faded resulting in many bills being poorly drafted and unsuccessful.

So how exactly do 90 legislators come up with 1,200+ ideas that become legislation? Arizona is by no means a perfect state, but are there 1,200+ problems to solve that necessitate legislation? The answer, which is my personal opinion, is a resounding no.

So where do these bills come from? There are an astonishing number of competing political stakeholders in Arizona. There are 90 legislators accountable to approximately seven million residents, 400,000 businesses, and more than 3,000 registered lobbyists in Arizona. There are also approximately 20,000 nonprofit

### Arizona Legislature Bills Introduced vs. Bills Passed

<table>
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<th>Year</th>
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<th>Bills Passed</th>
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organizations and most of them have specific causes that intersect with state laws. Within healthcare, nearly every hospital and healthcare system, health profession, health insurance plan, patient group, pharmaceutical company, medical device manufacturer, etc. have policy agendas and most have lobbyists and/or legislative programs. This abundance of advocacy interests in healthcare is similar to all other industries.

Now that we have an understanding of the political constituents, let’s take a look at the types of bills that are most common.

**Clean Up Legislation**

With so many competing interests and bills hastily moving through the process, mistakes are frequent and unintended consequences are usually discovered after laws go into effect. Take for example SB 1001, the Opioid Epidemic Act that passed last year. This bill was 69 pages in length with 45 new laws or changes to existing laws. The bill was introduced and with ink still drying it was passed in just three days. Since its passage, more than five supplemental bills have already been needed to address various unintended consequences.

Sometimes a bill passes that accidently impacts another law and is not discovered until after it has already gone into effect. We recently discovered a bill that passed last year that conflicted with another bill that had the unintended effect of prohibiting physician assistants from prescribing opioids or benzodiazepines for more than 72 hours. This conflict needed to be swiftly addressed in emergency legislation to remove the conflict with a retroactive implementation date.

**Model Policy & Legislation**

Many national think tanks and associations develop model legislation for use by state legislators and local groups to advocate for their causes at the state and local level. Model legislation is often turnkey and accompanied with branded supporting materials and public relations tools for legislative and grass roots advocacy. Some national associations will even provide funding to state organizations with limited capacity to hire lobbyists, public relations firms, etc.

A prominent example of model policy and legislation is the “Consensus Model for Advanced Practice Registered Nurses (APRN),” which was developed by the National Council of State Boards of Nursing and other groups. This model policy and legislation has prompted nursing associations throughout the U.S. to advocate for uniformity in regulations of APRNs to improve portability between states. This policy agenda has become a cornerstone for nurses advocating for expanded scope of practice for APRNs to mirror laws in states with the less restrictive regulatory policies.

Model policy and legislation can also help organizations react to policies. A few years ago, in the midst of negotiating surprise billing reforms in Arizona, the health insurance plans unveiled model legislation drafted by America’s Health Insurance Plans. Their lobbyists had a significant capacity advantage in negotiations not having to research and develop an original proposal. Meanwhile, AOMA, et al. had to research and organize piecemeal counter proposals in response.
Constituent Issues
Legislators introduce bills for their constituents to address specific issues that have affected a group or even a single individual. Many years ago, a family with a child with eosinophilic gastrointestinal disorder was unable to obtain amino-acid based formula through their health insurance. A prominent legislator introduced a bill on their behalf that passed requiring health plans to cover at least 75 percent of the formula with a maximum annual benefit of $20,000. Arizona became one of the first states to pass this mandate and now more than twenty states have similar laws requiring this coverage.

Regulations
There are many laws regulating industry and professions that need to be continually updated. Arizona has more than 120 state agencies and many of them regulate industries and professions. Each state agency and most professions have their own unique set of laws covering budgets and fees, due process, disciplinary actions, consumer education and protection, governance, standard practices, etc.

For example, there are 37 different statutes for the Board of Osteopathic Examiners to regulate osteopathic physicians. Within these statutes are the licensure and renewal fee amounts, how DOs are notified of a complaint filed against them, qualifications for licensure, what constitutes unprofessional conduct, etc. Due to the volume of statutes and changing practices in medicine, it is unusual for any legislative session to finish without at least 1-2 amendments to laws affecting the osteopathic medical profession.

Budget & Services
There is only one statutory action required of the legislature and that is to approve the state budget. Similar to a budget of a company or organization, the state budget is a massive policy document reflecting legislative priorities. There is a common saying that state governments are responsible for medicating, incarcerating, and educating their residents. Within the budget are significant choices that must be made such as funding per pupil in schools, Medicaid cost sharing and reimbursement levels for physicians, capital construction, etc. The funds are seldom ever able to provide a sufficient level of services to meet the expectations and needs of the various constituents.

Criminal & Civil Issues
There many criminal and civil statutes that need to be amended every year. For example, as new designer drugs emerge in communities the laws must be updated to make them illegal. Civil matters also need to be addressed periodically on issues such as homeowners association disputes, property damage, arbitration, etc.

Memorials & Resolutions
Memorials are typically described as “postcards” to Congress. They have no impact on Arizona laws, but convey a message on issues that are supported by the legislature. Some of the memorials in 2019 address issues such as border wall funding, uranium mining in the Grand Canyon, climate change, and not privatizing the US Postal Service.

Good Grief continued on page 8
Resolutions come in two forms. One type is a statement of policy, but has no effect on law. Some examples of resolutions introduced in 2019 are declaring pornography a public health crisis, support for resettling refugees, and support for an international presence and trading with Taiwan.

Other resolutions are referendums placed on the ballot to amend the Constitution or enact laws. Arizona has strict voter protection laws so referendums approved by voters are nearly impossible to repeal or even amend. As a result, voter referendums are used sparingly and strategically placed on election ballots. Some examples in 2019 are referendums to automate voter registration, tax electronic smoking devices, and repeal the state income tax.

**Placeholders & Strike-Everything Amendments**

There are also many bills introduced, typically as meaningless technical amendments, used to circumvent bill deadlines and limits. Legislators may completely eliminate the contents of a bill and replace it with an entirely new bill through a “strike-everything amendment”.

Strike-everything amendments are controversial maneuvers where a seemingly innocuous bill may go through the rigors of committees and votes and be replaced later with a new or controversial bill that can bypass steps in the process where it may die. There have been many sessions where we have had to kill the same bill more than a few different times that kept reappearing as strike-everything amendments in different committees. This is referred to as a game of Whac-a-Mole.

The most notorious strike-everything amendment in Arizona was in 2000 when during the final weeks of the legislative session a strike-everything amendment was amended on a bill to provide tax credits for alternative fuel vehicles in Arizona. It was intended to be a $10 million program, however, a drafting error in the bill language resulted in it becoming a $200 million dollar hit to the state budget. The legislature had to convene an emergency special session to end the overly generous 30-50% subsidies on the cost of an alternative fuel vehicle. There were many new cars in the Capitol parking lot where the lobbyists parked with alternative vehicle plates.

Even when it is full-time job, it is impossible to familiarize and effectively track so many bills, particularly at the beginning of the legislative session. Fortunately, as the weeks pass, many of the bills die by vote or failure to get a hearing so the workload eventually becomes manageable.

Now that I have finished this article, I will get back to reviewing about 20 brand new bills, including a complicated model legislation bill of unknown origin that would regulate certain types of investigational stem cell treatments.

Thank you for your membership support and contributions to the AOMA PAC which are critical to support this important job of protecting your profession and your patients.
AOMA in Action

AOMA is the voice of osteopathic medicine in Arizona, representing the profession as a healthcare stakeholder and community partner. This activity update covers the four month period from October 1, 2018 to January 31, 2019.

**Advocacy/Legislative Affairs**
- Launched new branded AOMA Action Alerts using a Voter Voice advocacy system to activate and enhance physician engagement with elected officials
- Represented physician interests in support of emergency legislation to delay and add flexibility to the opioid e-prescribing mandate, and fix a statutory conflict that inadvertently limited prescribing by physician assistants
- Met with Blue Cross Blue Shield medical director and policy staff to discuss opportunities of mutual interest, including patient access to non-opioid osteopathic pain therapies
- Formed an Arizona Healthcare Coalition with the Arizona Medical Association to unify various physician organizations’ advocacy efforts
- Conducted two Legislative Affairs Committee Meetings and two Student Legislative Affairs Committee meetings
- Participated in formation of Coalition to support vaccine herd immunity and oppose efforts to expand and promote access to exemptions for childhood immunizations
- Represented physician interests in the development of a healthcare workforce data repository in the Department of Health Services
- Represented physician interests on the Arizona Board of Pharmacy Controlled Substances Prescription Monitoring Program Task Force

**American Osteopathic Association (AOA)**
- Represented AOMA interests at the AOA LEAD (Leadership, Education, Advocacy, & Development) meeting policy discussions in Las Vegas, Nevada
- Represented AOMA interests on the AOA Bureau of Federal Health Programs

**Political Action Committee**
- Raised $4,646 in PAC contributions
- Distributed $9,700 to 19 state legislators
- Attended various fundraisers on behalf of AOMA

**Member Services**
- Contracted with the Arizona Society of the American College of Osteopathic Family Physicians to manage and reinvigorate the Society
- Testified and submitted a letter to the Board of Osteopathic Examiners requesting the elimination/amendment to license application and renewal form questions seeking mental or emotional impairment or limitation disclosure without the appropriate context; the Board unanimously agreed with concerns and formed a committee to make recommendations for changes
- Developed and conducted a statewide physician burnout survey to gather critical feedback for administrative simplification policy research
- Facilitated the Association of Osteopathic State Executive Directors meeting in January to discuss and develop new initiatives to improve membership services for AOMA members

**Osteopathic Charities**
- Raised $2,670 in pledges in the 2019 Birdies for Charity campaign
- Announced Annual Scholarship Essay Contest to AZCOM and SOMA students
- Sponsored and attended the 15th Annual Stepping Stones of Hope Celebration

AOMA in Action continued on page 10
Continuing Medical Education
• Awarded a SAMSHA State Targeted Response Grant from AHCCCS/DHS to produce opioid online CME modules covering the opioid laws, prescribing guidelines and Medication Assisted Treatment
• Co-sponsored 12.75 hours of AOA Category 1-A CME credit and AMA PRA Category 1 credits™ for the AOMA 38th Annual Fall Seminar in November 2018
• Created and posted 20 new online on demand CME offerings on DOCME.org

Public Relations
• Launched a digital media campaign to improve member outreach and engagement
• Co-sponsored the 2019 Legislative Reception with the Arizona Medical Association, the Maricopa County Medical Society, and the Pima County Medical Society

Public Health
• Received the Arizona Public Health Association's (AzPHA) 2018 Health Education Media Maker Yearly (HEMMY) Award for the DO Wellness Pop-Up Exhibit Program
• Represented physician interests on the Arizona State University Medical Advisory Committee to increase access to opioid use disorder treatments
• Represented AOMA on the Health Current Board of Directors
• Represented AOMA on The Arizona Partnership for Immunization (TAPI) Steering Committee

Students & Residents – The Future of the Osteopathic Profession
• Hosted the 3rd annual Dinner with Doctors student mentoring and network event
• Student doctors served as moderators at the AOMA 38th Annual Fall Seminar

Speak Out! Make a Difference. Contribute to AOMA PAC.
The AOMA PAC is a voluntary political action committee that allows AOMA members to pool their financial resources to support state candidates who understand and appreciate the value of our profession and its importance to providing affordable, quality healthcare to Arizonans.

The AOMA PAC is non-partisan. Its goal is to help elect candidates who, as lawmakers, will best represent the values of AOMA and the thousands of patients we serve. Among the criteria considered by the AOMA PAC in making donations:
• The candidate’s support of positions that advance the osteopathic medical profession in healthcare delivery
• The candidate’s leadership position or membership on key legislative committees
• The candidate’s potential for leadership
• The candidate’s financial need and likelihood of being elected
• The presence of AOMA members in the candidate’s district or state

With your support we can work effectively together for the good of our profession. Your donation will help send a clear message to legislators about the issues that are important to DOs and their patients.

A strong AOMA PAC means a strong profession. Donate today! www.az-osteo.org/PAC
Continuing to Grow

By Jeffrey Morgan, DO, MA, CS, FACOI, Dean, A.T. Still University School of Osteopathic Medicine in Arizona

Growth in CHCs

A.T. Still University’s School of Osteopathic Medicine Arizona (ATSU-SOMA) is proud to announce the expansion of our healthcare footprint by partnering with four additional community health centers (CHCs) across the U.S. to train and retain doctors dedicated to serving the underserved. Represented by the National Association of Community Health Centers (NACHC), CHC’s share in the mission to “promote efficient, high quality, comprehensive health care that is accessible, culturally and linguistically competent, community directed, and patient centered for all.” NACHC’s mission aligns with the mission of ATSU- SOMA to “prepare individuals through high-quality, innovative, learning-centered undergraduate and graduate medical education programs to become compassionate osteopathic physicians and healthcare leaders who serve medically underserved populations with a focus on research and community-oriented primary care.” Our unique partnership with CHCs provides a meaningful training environment for our medical students at CHCs that serve as the primary medical home for over 28 million people across America.

Beginning in August of 2020, ATSU- SOMA students will be training in CHCs in San Ysidro Health Center, California; Wichita Falls/McKinney Texas Health Centers; Southern Illinois Health Foundation Healthcare; an additional classroom at Sunset Park Family Health Centers, New York; and The Wright Center for Graduate Medical Education, Pennsylvania. With our ‘above the national average’ placement of graduates electing to stay and practice primary care in medically underserved areas in the U.S., we anticipate the additional training sites will add to much needed medical services in those areas. These sites will also serve to train the 50 additional students joining the ATSU- SOMA Class of 2023 starting in July 2019.

Growth in Arizona

ATSU- SOMA is excited to announce the Interprofessional and Culturally Proficient Standardized Patient Experience Center, a collaboration with ATSU’s Arizona School of Dentistry & Oral Health (ASDOH) and Arizona School of Health Sciences (ASHS), The Center will contain exam and debrief rooms to immerse students in the real world patient care environment and offer greater opportunities for interdisciplinary and interprofessional training.

There are naming opportunities for the various rooms that will comprise the Center. Create a legacy by naming a room in your honor or someone you wish to recognize. Build a foundation upon which students can learn about your story and the contributions you have made to the success of our profession and to our community. Please join me and support the development of our new Interprofessional and Culturally Proficient Standardized Patient Experience Center.

For information on how you can become a donor, please contact Karen DeCarlo, ATSU Development Director, at 480-219-6105 or kdecarlo@atsu.edu.
Having Patience as a Patient

By Lori Kemper, DO, MS, FACOFP, Dean, Midwestern University Arizona College of Osteopathic Medicine

“My mother had to use one of those scooters. Keep your chin up. You’ll be walking soon” - a woman in the Denny’s women’s bathroom.

About three months ago, I broke my heel falling down some stairs at work. It is amazing how slowly that split second passes. The thoughts I had about where to fall, how to protect my head and spine, what to sacrifice in the process were all present before I hit my heel, pivoted, and fell like a turtle on my backpack realizing something was really wrong with my foot (a comminuted intra-articular calcaneal fracture). In that split second, I became a patient. In the months that followed, I learned patience.

The first person on the scene was Kate Mitzel, DO. She heard me fall and, emergency physician that she is, ran to the second floor. I will be forever grateful to her for helping me get to the emergency room, staying with me until my son could get across town, and providing me a scooter so that I was not dependent upon crutches to non-weight bear my way into and around my home that night and for the following nine weeks.

The first second took forever in my mind, but it was nothing like the next three and half weeks that I could not work. During those weeks, when I was fearful of falling and when the pain was the greatest, I took to asking family members to “babysit” me. I also depended on my team to do the things that they always do and my things as well. I gave two lectures sitting before my audience (and feeling as if I might faint in the process). I also spent a great deal of time thinking. I wanted to learn something from my experience, and not just bemoan my situation.

I learned a few medical things. First, I learned that when you break a bone everyone wants to prescribe opioids, but ibuprofen and ice can take a pain scale of 8 or 9 down to 2. I also learned that foot fractures can cause some pretty mean blisters without ever breaking through the skin and that a patient can lose muscle mass in the leg in a few days and bone mass in a few months. I guess I knew these things but I never put those things together with the weakness that occurs because of them. I also developed a great deal of respect for podiatrists and for physical therapists as I went through this journey.

I learned that being on a scooter makes people say some of the craziest things to you. “It looks like you have wheels!” “Are you going to race on that thing?” Just like pregnant women say that every stranger seems to want to touch their bellies, I felt like everyone I ran into had a comment about the scooter. The nicest comment I received was from the stranger in the bathroom.
When you cannot get your own shower or food or transport yourself by car or otherwise, you have to develop patience with those around you. Thankfully, it seems like patience is one of those things that can stay even after the bones have healed. Additionally, allowing others to help you and showing gratitude for what they have done is a blessing to both you and to those helping you. I am hoping that my being a patient may help to make me a better doctor. Someone told me that she thought I should have been better by now. I told her that I knew my body could heal itself. If I had been impatient, I would have been depressed. Giving my body the time it needed, made me thankful for every step (literally and figuratively).

**patient** - ˈpā-shənt

*adjective*
Able to accept or tolerate delays, problems, or suffering without becoming annoyed or anxious

*synonyms:* forbearing, uncomplaining, tolerant, long-suffering, resigned, stoical

*noun*
An individual awaiting or under medical care and treatment

*synonyms:* sick person, case, sufferer, victim

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**Arizona Osteopathic Charities**

To educate and promote safe and healthy living for children, students and families

The Arizona Osteopathic Charities is a 501 (c) (3) non-profit charitable organization founded in 1997 by the leadership of the Arizona Osteopathic Medical Association.

Tax ID #86-6052826
www.azdocharities.org
Features

Occurrence vs. Claims Made: Which Should You Choose?

By Joan M. Porcaro, RN, BSN, MM, CPHRM, Mutual Insurance Company of Arizona (MICA)

Medical professional liability insurance is one of the greatest expenses a physician will face during their career. Most physicians will find that medical professional liability insurance is not clear cut and at times can be baffling. No matter what stage you are at in your career, keeping apprised of the insurance market, watching for insurance industry news, and refreshing your knowledge of medical professional liability coverage from time to time will eventually prove invaluable to your practice.

Some Basics
There are basically two types of professional liability insurance: Occurrence and Claims Made

- **Occurrence** - Coverage is provided for the time the policy is in effect. Simply put, the policy you have that is in effect when the event occurred is the one that provides coverage. Occurrence coverage is similar in nature to your standard automobile insurance policy.
- **Claims Made** - Insurance is a bit more complicated. The retroactive date provides for the first date of coverage. Coverage for any claim is provided by the policy in place when the notice of the claim was received.

To sort out the differences between the two coverage types, refer to the table on page 15.

Am I Covered?
You not only want to know what your policy will cover, it is equally imperative that you know what is excluded from your policy coverage. Such exclusions are called out in an Exclusion Coverage statement within the policy itself. No different than your automobile or homeowner’s policies, exclusions set out those factors that may impact coverage.

Typical exclusions you will find include:
- Occurrences that take place before the retroactive date of the policy.
- Any claim arising out of treatment rendered by an insured for something the insured is not authorized to do.
- Claims arising from conduct that falls outside the scope of the insured’s duties.
- Acts of violence or sexual misconduct by the insured.

Summary
When you are ready to acquire or change a medical professional liability insurance policy, it is advisable to seek out a trusted and reputable source for your coverage; ideally, an insurance company that has decades of experience. The impact of a sound and well-informed decision is well worth the investment of your time researching the best possible coverage for your practice and for your specialty. Consider the financial stability of the insurance company, the services they offer, if the company is in good standing with the state, and the additional benefits they offer, such as risk management consultation.
### Differences Between Claims Made and Occurrence Coverage

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<tr>
<td><strong>Cost</strong></td>
<td>Lower cost – sort of. Starts out low; steadily rising for 5 years until the policy reaches maturity.</td>
<td>Premium cost is level year after year. Overall cost is higher than Claims made.</td>
</tr>
<tr>
<td><strong>Event Timeline</strong></td>
<td>When the claim was received. Coverage is from a start date through a subsequent renewal date.</td>
<td>When the claim event occurs. Coverage for any occurrence while the policy was in effect.</td>
</tr>
</tbody>
</table>
| **Important Dates Needed to Determine Coverage** | Three dates are needed to determine whether coverage is in effect:  
• the date of the occurrence;  
• the retroactive date (the date determined by the insurance company as to when your coverage will begin); and  
• the date the claim was made | Date of occurrence |
| **Prior Acts Coverage** | Prior acts coverage is an essential component of a claims made policy. Prior acts coverage offers insurance coverage for claims that occur after the policy retroactive date and are reported during the policy period. | Not needed. |
| **Tail Coverage** | Ideally, you should purchase tail coverage when you discontinue claims made coverage. If you do not, you run the risk of being insurance “bare” and likely would personally assume all financial risks should you be sued. | No tail is needed. |
| **Example** | You are covered by Axel Insurance company for medical professional liability from January 1, 2014 until December 31st, 2014. The date the alleged malpractice occurred is December 2, 2014. The claim was filed in May 2015. However, in January 2015 you switched to another insurance carrier. You are covered if you purchased tail coverage when you left Axel. If you did not purchase coverage you are bare of any insurance coverage and likely are personally liable. | You are covered by Axel Insurance Company for medical professional liability from January 2015 to January 2016. A claim from care rendered during the policy period (November 2015) is noticed in November 2016. You are covered in accordance with the criteria outlined in your policy. |
| **Best choice if:** | You are planning to work somewhere for a long time but it is recommended to have tail coverage when you leave. | Planning to work somewhere for a short time. |

### Resources:
Arizona Osteopathic Medical Association
97th Annual Convention
April 10-14, 2019
Hilton Scottsdale Resort & Villas
Scottsdale, Arizona

Arizona’s largest annual medical meeting for all healthcare professionals!
Register by March 10, 2019 and save $100!
Full five-day and three-day weekend registrations available
Register online at www.az-osteo.org/2019Conv

MEDICAL SPECIALTY
LECTURES SCHEDULED
(subject to change)

» Family Medicine  » OB/GYN
» Internal Medicine » OMM and OMM/NMM
» Allergy & Immunology » Oncology
» Cardiology  » Palliative Care
» Endocrinology  » Pediatrics
» Emergency Medicine  » Pulmonology
» Gastroenterology » Psychiatry
» Neurology  » and more!

EARLY REGISTRATION RATES

<table>
<thead>
<tr>
<th></th>
<th>FULL</th>
<th>WEEKEND</th>
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</thead>
<tbody>
<tr>
<td>AOMA Member Physician</td>
<td>$695</td>
<td>$420</td>
</tr>
<tr>
<td>Retired or Honorary Life Member</td>
<td>$600</td>
<td>$320</td>
</tr>
<tr>
<td>Non-Member Physician</td>
<td>$1,195</td>
<td>$740</td>
</tr>
</tbody>
</table>

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Touro University Nevada College of Osteopathic Medicine (TUNCOM) and the Arizona Osteopathic Medical Association.

The Arizona Osteopathic Medical Association (AOMA) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. The AOMA designates this program for a maximum of 38.25 hours of AOA Category 1-A credit and will report CME and specialty credits commensurate with the extent of the physician’s participation in this activity.

TUNCOM is accredited by ACCME to provide continuing medical education for physicians. TUNCOM designates this live activity for a maximum of 38.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application has been filed for AAFP Prescribed Credits. Determination of credits is pending.

CME Credits: In order to receive CME credits for the AOMA 97th Annual Convention, you must present valid identification at registration, receive your packet, and submit the online CME attestation form to AOMA by the May 14, 2019 deadline.

Grievance Policy: The Arizona Osteopathic Medical Association strives to provide continuing medical education programs to fulfill the needs of the attendees and to meet the AOA Uniform Guidelines and AOA Accreditation Requirements. Comments, questions, or complaints should be submitted in writing to Teresa Roland, Director of Education, by mail to AOMA, 5150 N. 16th Street, Suite A-122, Phoenix, AZ 85016, or email teresa@az-osteo.org.

Make the most of your Convention experience. Stay with us at the Hilton Scottsdale Resort & Villas. Reserve your suite at 480-948-7750
### AOMA 97th Annual Convention - Agenda

**All times, topics, and speakers subject to change.**

#### Wednesday, April 10, 2019

**Opening Session**
7:30 am to 8:25 am

*Interstate Medical Licensure Compact*
Scott Steingard, DO

8:30 am to 9:25 am

*State of the Opioid Crisis in Arizona*
Lisa Villarroel, MD, MPH

**Concurrent Sessions - AM**

| Session I  | 9:55 am to 10:50 am
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>It Takes A Village: Embracing Interprofessional Practice</td>
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</table>

| 10:55 am to 11:50 am
| Payments Not Penalties: Medicare Quality Payment Program (QPP) | Howard Piltuk, MD, MPH, FOMA |

#### Thursday, April 11, 2019

**Afternoon General Sessions**
1:00 pm to 2:25 pm

*Physician Burnout and Administrative Simplification*
Swapna Reddy, JD, MPH; Matthew Speer

2:30 pm to 2:55 pm

*Burnout and Physician Liability*
Jean Porcaro, RN, BSN, MM, CPHRM-ASHRM

3:25 pm to 4:55 pm

*Sign Chi Do - Effective Brain-Body Movement*
Anne Borik, DO

6:30 pm to 9:00 pm

*AOMA Board of Trustees Meeting*

**Friday, April 12, 2019**

**Session I**
7:30 am to 8:25 am

*Should Clinical Indication Be Required on Prescriptions?*
Terri Warrhalok, PhD, RPh, CPHQ; FAPhA; Michael T. Rupp, BS Pharm, PhD, FAPhA; Anita Murcko, MD, FACP

8:30 am to 9:25 am

*Dyslipidemia and Heart Disease - What Healthcare Providers Need to Know*
Joseph Lilo, DO, FNLA, FAPCR, CPI

9:40 am to 10:35 am

*Treating Hepatitis C As A Primary Care Provider*
Brandon Abbott, DO, MPH, FAAP

10:40 am to 11:35 am

*Telemedicine in Rural Areas: What's Appropriate and What's Not*
Lavinia Smith, PhD, MSN, RN; Susan Jones, BA, LPN, CPHRM

**Session II**
7:30 am to 8:20 am

*OBGYN Treatment of Patient for Non-pregnancy Related Issues*
BJ Ho, DO

8:30 am to 9:25 am

*Biologic Therapies for Atopic Disease*
Tadd Hrabak, DO, FAAAAI, FACAAI

9:40 am to 11:35 am

*Point of Care Ultrasound: An Integrated Model for Back Pain*
Charles Finch, DO, FACOEP; Inder Raj S. Makin, MD, PhD, RMS; Joel Sellers, DO, FAOASM, CAQSM, RMSK

11:45 am to 1:10 pm

**Luncheon Lecture: Sex Trafficking and Sexual Exploitation for Health Care Practitioners: Identification, Assessment and Treatment**
Lara Yoblonski, MD, MPH; Jeff Gibbs

1:15 pm to 2:40 pm

*Getting to Know Your Medical Examiner*
Leslie Wallis, DO

2:45 pm to 3:40 pm

*Care of Spinal Cord Injury Patient*
Matthias Linke, DO, FAAPMR

4:00 pm to 6:00 pm

*AOMA House of Delegates*

**Saturday, April 13, 2019**

6:00 am to 6:45 am

*Rock with the DOC*
Brent Gear, DO, FACOEP, FACEP, FOMA

**Concurrent Sessions - AM**

| Session I  | 7:30 am to 8:25 am
<table>
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<tr>
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<tbody>
<tr>
<td>Updates in Ovarian and Cervical Cancer Screening and Treatment</td>
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</table>

| 8:30 am to 9:25 am
| Ketogenic and Cholesterol | Adam Nally, DO |

| 9:40 am to 10:35 am
| Seizures and Other Movements | Jennifer Yuen, DO |

| 10:40 am to 11:35 am
| Adult Vaccination Update | Joe Zachariah, DO |

#### Sunday, April 14, 2019

**Concurrent Sessions - PM**

| Session I  | 1:20 pm to 2:15 pm
<table>
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<tbody>
<tr>
<td>Pediatric Vaccine Update &amp; Recommendations</td>
</tr>
</tbody>
</table>

| 2:20 pm to 3:15 pm
| Approach to Headache for Primary Care | Kerry Knievel, DO |

| 3:30 pm to 4:55 pm
| Stump the Doc | Medical Knowledge Competition |

| 4:00 pm to 6:00 pm
| Clinical Case Competition CME Luncheon |

| 11:15 am to 1:15 pm
| OMM for the Cervical Spine | Richard Dobrusin, DO, MS, SPOCF |

| 6:30 pm to 10:30 pm
| Osteopathic Family Party |

| 12:15 pm to 2:00 pm
| Adult Family Party | Dine Hall - No CME |

| 1:10 pm to 3:15 pm
| OMM for the Cervical Spine | Richard Dobrusin, DO, MS, SPOCF |

| 6:30 pm to 10:30 pm
| Osteopathic Family Party |

| 11:10 am to 12:05 pm
| A Guide to Medical Marijuana | Gwen Levitt, DO |

| 12:15 pm to 2:00 pm
| AOMA Awards Luncheon - No CME |

| 12:50 pm to 1:45 pm
| What's New in Irritable Bowel Syndrome | Amy Fock-Orenstein, DO, MACG, FACP |

| 1:50 pm to 2:45 pm
| What's New in Diabetes | Allison Peckunn, DO |

| 3:00 pm to 4:55 pm
| Concussions and TBI | Sue Wolf, PhD; Kristina Wilson, MD, MPH, CAQSM; and Tyler Roland |

| 4:10 pm to 5:05 pm
| What's New in Ovarian and Cervical Cancer Screening and Treatment | Amy Brockmeyer, MD, Uma Chandavarkar, MD |

| 5:10 pm to 6:05 pm
| Ketogenic and Cholesterol | Adam Nally, DO |

| 6:10 pm to 7:05 pm
| Seizures and Other Movements | Jennifer Yuen, DO |

| 7:10 pm to 8:05 pm
| Adult Vaccination Update | Joe Zachariah, DO |

| 8:10 pm to 9:05 pm
| Osteopathic Approach to Headaches | Carlton Rice II, DO, FAAP; Katherine Worden, DO, MS, SPOCF |

| 9:15 pm to 10:10 pm
| Clinical Case Competition CME Luncheon |

| 10:20 pm to 11:15 pm
| Osteopathic Family Party |

| 11:20 pm to 12:15 pm
| AOMA Awards Luncheon - No CME |
More than 50 students and 20 physicians enjoyed an evening of socializing and networking at the third annual Dinner with Doctors on Friday, October 26, 2018. The Maricopa County Medical Society (MCMS) Courtyard was a beautiful venue on a warm, fall night. Good food and great conversation created a casual, comfortable atmosphere that allowed students to ask questions of the physicians and learn how to get involved with AOMA. Thank you to Mutual Insurance Company of Arizona (MICA) and MCMS for your support of this event. We are sorry if you missed this great event. Plan on joining us next year!

Above: Delicious food, refreshing libations, and great conversation were in full abundance under the lights in the Courtyard at the Maricopa County Medical Society during the third annual Dinner with Doctors.

Left: First year osteopathic students Tamanna Vir, Michaels Knaggs, and Rylee McGuire talk with psychiatrist Randall Ricardi, DO.

Below: Daniel G. Lee, OMS III, and Aaron Pike, OMS III quiz Lawrence Ryan, DO on the practice of family medicine.
AOMA 38th Annual Fall Seminar

Recipe for Success: Innovations & Applications

More than 200 osteopathic physicians, students, and other practitioners gathered in Tucson in November for the AOMA 38th Annual Fall Seminar.

The two-day event at the El Conquistador Tucson, A Hilton Resort offered 12.75 hours of AOA Category 1-A CME credits and AMA PRA 1 credits including specialty credits in Family Medicine/OMT, Internal Medicine, Anesthesiology, Gastroenterology, and Pain Medicine. Lecture topics included Campylobacter infection; Coalescent Medicine: Recipe for Successful Pain Management; Low Testosterone and How to Fix it with Fat; I’m the Doctor, So I’m in Charge, Right?; Difficult Conversations; OMM Pearls: There’s an OMM Treatment for That?; Understanding the Regulations & Policies for the Safe Prescribing of Opioids; Two-Minute OMM Techniques for Primary Care Conditions; Understanding the Science Behind Your DNA Results; Wild West Medicine; and The Clown as Sacred Healer.

The AOMA Professional Education Committee, chaired by Lori Kemper, DO, FACOFP, acknowledges all the speakers who contributed to the success of the Seminar with their expertise and experience in the lectures. Thank you to Richard Dobrusin, DO, MS (Ost), FACOFP; Ann Cheri Foxx, MD; Carl Hammerschlag, MD, CPAE; Gregory Hollick, DO, ABOFP, C-NMM/OMM; Pamela Johnson, BSN, RN, CPHRM; Mylynda Massart, MD, PhD; Laurel Mueller, DO, MBA; Adam Nally, DO; Karen Nichols, DO, MA, MACOI, CS; Shannon Scott, DO, FACOFP; Richard Shaughnessy, DO; Ha Tang, DO; Pete Wertheim, MS; and Anthony Will, DO.

Thank you to the physicians and osteopathic medical students who moderated the lectures: Deborah Hudak, DO; Ashley Burkart, OMS I; Neha Chaurasia, OMS III. Salil Kalarb, OMS II; Daniel Kim, OMS IV; Darien Kinne, OMS IV; and Sharquat Saif, OMS II.

Congratulations to the winners of the Fall Seminar Exhibit Hall Prize Drawing: Sharon Steingard, DO and Amanda Kerr, DO. Each won a $150 VISA gift card. It pays to visit our exhibitors!

If you missed the Fall Seminar, many of the lectures were recorded and are now available online at www.docme.org. AOMA members receive a discount on all AOMA-produced content. Email or call the office at 602-266-6699 for the coupon code.

Plan to attend the AOMA 39th Annual Fall Seminar at El Conquistador Resort in Tucson on November 2 & 3, 2019.
1. Michael Amman, DO and Donald Morgan, DO get acquainted during breakfast in the Exhibit Hall.
3. Kristin Nelson, DO (center) is surrounded by her family: Parents Linda and Joe Zeise, daughter Meadow, and son Lake.
4. Future DO and AOMA member Matilda Abbott (Class of 2040), is daughter of Brandon Abbott, DO.
5. Kathryn Newby, DO and Joshua Newby, DO are becoming regulars at the Fall Seminar.
6. Carl Hammerschlag, MD, one of the Seminar speakers, reunites with friend Michelle Mifflin, DO.
7. The Trapps enjoy the beautiful Tucson evening on the Sundance patio (left to right) Kameron, Beckett, and Danielle Barnett-Trapp, DO.
8. AOMA Board member Julie Morrison, DO, Pete Wertheim, AOMA Executive Director, and AOMA President Angela DeRosa, DO, share a smile for the camera.
9. The Fall Seminar is a great opportunity for old friends to meet up like Karen Nichols, DO (top), Jeffrey Morgan, DO, and Christine Morgan, EdD.
10. Joe Small, DO, and Lee Goedecke, DO, reconnect at the Fall Seminar.
11. Gary Erbstoesser, DO and his wife Debbie love the Tucson venue for the Fall Seminar.
12. AOMA Lobbyist Steve Barclay, JD, Shannon Scott, DO, Pete Wertheim, AOMA Executive Director, Marty Finch, and Chip Finch, DO enjoy a cocktail and conversation.

13. It’s a family affair for brothers Chris Labban, DO, and Brendan Labban, DO who chat with Cameron Labban, OMS I, AZCOM, Dr. Chris Labban’s son.

14. Sarah Colwell, DO, (right) husband Jody Burgamy, daughter Allyson, and son Jayson pose for a family photo.


16. Capt. Ha Tang, DO, wife Khanh Tran, daughter Jasmine, and son Ye-Shiao love coming to AOMA events.

17. The future of osteopathic medicine was well represented. Top: Timothy Durr, OMS I, SOMA and Jay Olson, OMS II, AZCOM. Bottom: Geoff Boyer, OMS III, AZCOM, and Kelly Champlin OMS II, AZCOM.
Welcome New AOMA Members

1st Year in Practice
Ashlee A. Pruett, DO
Anesthesiology - Board Certified
Phoenix, Arizona
602-343-2900

Robert Dukjun Yoo, DO
Hematology and Oncology - Board Certified
Mesa, Arizona
480-969-3637

2nd Year in Practice
Daniel Ahn, DO
Oncology - Board Certified
Scottsdale, Arizona
480-515-6296

Kevin Evans, DO
Anesthesiology
Tucson, Arizona

Michael Abidemi Iyamu, DO
Physical Medicine and Rehabilitation
Mesa, Arizona
480-321-4901

Out of State
Charlie Lin, DO
Family Medicine/OMT - Board Certified
St. George, Utah
435-688-6300

Joanna Evans, DO
Family Medicine - Board Certified
Tucson, Arizona
520-547-0611

Amanda Kerr, DO
Psychiatry
Phoenix, Arizona
602-997-2233

Nahian Latif, DO
Hospitalist
Internal Medicine - Board Certified
Sun City, Arizona

Tara Mangum, DO
Neurology/Psychiatry
Child Neurology - Board Certified
Phoenix, Arizona
602-933-1000

Kevin Evans, DO
Anesthesiology
Tucson, Arizona

Recruit a new member, receive a $100 credit!

Do you know someone who isn't a member of the Arizona Osteopathic Medical Association . . . and should be? Recruit a new member and you'll both receive a $100 credit toward membership dues or continuing medical education fees!

Recruiting new members is simple:
✓ Review your network of colleagues.
  You may be surprised who is not a member.
✓ Check their membership status using the online member directory or by calling the AOMA office at 602-266-6699.
✓ Ask them to join! Express how membership has benefited you.

For details on how to recruit a new member* and receive your credit, visit the AOMA website at www.az-osteo.org under the Members tab or contact Janet Weigel, Director of Membership and Communications, at janet@az-osteo.org.

*New member must be an active, dues paying member. Does not apply to recruitment of “out-of-state” or “retired” members.
AOMA gratefully acknowledges all its members for your support of the osteopathic medical profession and your association.

Thank you!

Arizona Osteopathic Medical Association

Protecting and promoting the osteopathic profession for 98 years

In Memoriam

We are all diminished when one of our members leaves us. We will miss them and continue on for the betterment of our profession in their memory.

David Siehl, DO
AOMA News

AOMA is Turning 100!

AOMA will celebrate its 100th anniversary in 2021, and we need your help!

We are planning a year-long celebration and a special event at the 99th Annual Convention. AOMA is combing through its photographs and document archives, but we know there are many of you out there who have stories and memorabilia that will add to the effort. So far we have identified the following items that are lacking in our collections. Can you or someone you know fill in the blanks?

Missing Past Presidents Photos:
- Lester A. Nowlin - 1952- 53
- Van H. Fossler - 1953- 54
- Richard O. McGill - 1954- 55
- Thomas J. Odom - 1955- 56
- Russell Peterson - 1956- 57
- James Carson - 1957- 58
- Larry Belden - 1959- 60
- R.D. Bennett - 1962- 63
- Everett Gibson - 1963- 64
- C. Condie Call - 1964 - 65
- Paul Edgar - 1967- 68
- Robert Kring - 1969- 70
- Robert Gooch - 1970- 71
- Thomas Kesson - 1971- 72
- James Brooks - 1972- 73
- David Leopold - 1973- 74
- L. George Hershey - 1975- 76
- Richard Reilly - 1977- 78
- R. E. Dennis - 1980- 81
- Jerry Hutchinson - 1983- 84
- William Johanssen - 1984- 85

Missing Issues of the AOMA Digest
- Vol. III, No. 4 Date may be Sept/ Oct 1987 or Nov/ Dec 1987
- Vol. VI, No. 3 Date may be May/ June 1991 or July/ August 1991
- Vol. VII, No. 4 Probable date Nov/ Dec 1992

Interested in helping? We are in need of volunteers to go through boxes of old photos to help identify people and places. Email Janet Weigel at janet@az-osteо.org or call the AOMA office at 602- 266- 6699

Nominate a Colleague for an AOMA Award

Each year the Arizona Osteopathic Medical Association recognizes individuals for their service and contributions to the osteopathic profession as physicians, community leaders, and humanitarians. All active members are eligible to nominate a colleague and to be nominated.

Who among your peers deserves to receive an award for physician of the year, outstanding mentor, or volunteer of the year? Please take a few moments to submit a nomination form either online at www.az-osteо.org/Awards or download a nomination form from the AOMA website.
Circle the City Receives Donation to Provide Osteopathic Manipulative Treatment

In connection with the 125th Anniversary of A.T. Still University, AOMA received a $10,000 community outreach grant to be used to educate the Arizona community about the DO philosophy of treating the mind, body, and spirit with a focus on wellness. A student-run committee comprised of representatives from both ATSU-SOMA and AZCOM led the project and selected two projects for the funds.

One of the projects selected to be funded was the furnishing and equipping of an exam room dedicated to osteopathic manipulative treatment at the Parsons Family Medicine Clinic in downtown Phoenix. The Clinic is run by Circle the City, a non-profit community health organization created by Sister Adele O’Sullivan in 2008, offering holistic healthcare to people experiencing homelessness within Maricopa County. A.T. Still University maintains a relationship with Circle the City providing opportunities for osteopathic medical education. Osteopathic manipulation is being utilized by DO students and faculty during their volunteer experiences and OMS-III and OMS-IV rotations at the Clinic. Popularity has grown so much with the patients and staff that the employed MD, NP, and PA providers are asking to be trained in OMM so that they may practice it themselves.

Last fall, the new A.T. Still Osteopathic Treatment room was finished at the Clinic and Starr Matsushita, OMS-IV at ATSU-SOMA, who has volunteered at the Center providing OMM treatments, gave AOMA a tour of the facility. The donation includes an electronic osteopathic manipulation table, a massage chair, rolling chairs, pillows and pillowcases, and table covers. The walls are decorated with framed photos of A.T. Still and osteopathic medicine quotes.

“We are very grateful for this donation to the Clinic,” said Michele Brandon, Practice Manager. “Having a dedicated room for OMM provides an appropriate space for this practice, since OMM is frequently provided for our patients.”

Both A.T. Still University School of Osteopathic Medicine in Arizona and Midwestern University Arizona College of Osteopathic Medicine have a strong tradition of serving the homeless population, embodying the spirit of Dr. Andrew Taylor Still.
Choices in Continuing Medical Education

The Arizona Osteopathic Medical Association is a premier provider of continuing medical education (CME). Accredited as a sponsor of AOA Category 1 credit, AOMA offers more than 50 hours of live CME each year. Additionally, the AOMA Annual Convention and Fall Seminar are submitted for American Academy of Family Physicians prescribed credits.

With AOMA you have a third choice for your CME hours: *AMA PRA Category 1 credits™*. Through a joint providership agreement with Touro University Nevada College of Osteopathic Medicine, an ACCME-accredited provider of continuing medical education, you may earn either AOA or AMA credits when you attend an AOMA-sponsored CME event.

And don’t forget DOCME offers on demand CME online at www.docme.org. The choice is yours.

DOCME.org is your premier source for high quality, pertinent online CME for osteopathic physicians

AOMA offers OnDemand continuing medical education lectures through the DOCME.org online platform.

More than 150 different programs are available on a wide variety of topics.

AOA Category 1-A, 1-B, or 2-B credit may be earned for each course.

Recently added lectures:
- Asthma in Pediatric Patients
- Campylobacter Infection
- Coalescent Medicine
- Concussions
- Cryptogenic Stroke
- Food Allergy: Old and New
- Food Borne Illnesses
- Lung Cancer Update
- OMM Pearls: There’s an OMM Treatment for That?
- Psoriatic Arthritis
- Science Behind DNA Results
- Two-Minute OMM Techniques for Common Conditions

Check back often for new topics! Visit the AOMA website under the Education tab.

www.docme.org

AOMA members receive a $10 discount on all AOMA-produced CME programs.

Enter promo code AOMA2017.

Arizona Osteopathic Medical Association

*Promoting and protecting the osteopathic medical profession for 98 years*

*The mission of the Arizona Osteopathic Medical Association is to promote the osteopathic medical profession, serve our members, provide osteopathic continuing medical education, and advocate for access to high quality, cost-effective healthcare.*
Arizona Society of the American College of Osteopathic Family Physicians Announces New Home

The Arizona Society of the American College of Osteopathic Family Physicians (AzACOFP) has contracted with the Arizona Osteopathic Medical Association (AOMA) to manage the Society’s affairs effective December 1, 2018. With this new management relationship, Pete Wertheim, MS, will serve as Executive Director.

“The members of the AzACOFP are excited to reestablish this relationship with AOMA,” said Stacia Kagie, DO, AzACOFP President. “Both organizations are aligned in support of osteopathic principles and high-quality, cost-effective care for patients.”

The AzACOFP and the AOMA have a long history of serving the osteopathic medical profession in Arizona. “Our profession is rooted in treating the whole patient – mind, body, spirit – and promoting health and well-being,” said Dr. Kagie. “As the state association representing all DOs, the AOMA is a perfect home for AzACOFP.”

Vacancies on the AzACOFP Board of Directors will be filled through a special election in late February. A call for nominations was sent to osteopathic family physicians along with a job description. The American College of Osteopathic Family Physicians (ACOFP) will continue to collect and process dues for membership.

The AzACOFP is the Arizona state society of the American College of Osteopathic Physicians. Founded in 1950, ACOFP, represents and supports a community of more than 20,000 practicing and in-training osteopathic family physicians. The Arizona Society was established in 1985.

To contact AzACOFP, call 602-354-5208 or email acofp@az-osteo.org.

Positive Returns On Your Membership Investment

AOMA’s Business Partners Program provides immediate access to national and local high-quality providers. Special rates have been negotiated and we have tested their ability to provide exceptional service for our association members.

Know a trusted business you would recommend as an AOMA Business Partner?
Contact us at communications@az-osteo.org or 602-266-6699.
IAN COKER NAMED 2018 AZCOM STUDENT D.O. OF THE YEAR

Midwestern University Arizona College of Osteopathic Medicine in Arizona (AZCOM) is pleased to announce that Ian Coker, AZCOM Class of 2020, was recently named 2018 AZCOM Student DO of the Year.

Mr. Coker served in a General Electric Primary Care Leadership Program at Gateways Cities, Massachusetts, between his first and second year of medical school, and he founded a group during his second year at AZCOM to supplement nutritional education at Desert Sky Middle School as part of the Paul Ambrose Scholars Program. He has served as a student in the Primary Care Leadership Collaborative, worked as a table trainer with the OMM department, and has been an active student member of the American College of Osteopathic Family Physicians. Mr. Coker was elected as the President of the Student Association of the American College of Osteopathic Family Physicians (ACOFP) during the 2018-2019 SAACOFP National Student Executive Board elections in Austin, Texas.

AZCOM has nominated Mr. Coker to represent his fellow students at the American Association of Colleges of Osteopathic Medicine (AACOM) Council of Student Government Presidents (COSGP).

AZCOM STUDENTS RECEIVE AWARDS AT OMED ‘18

Two students from the Arizona College of Osteopathic Medicine were recognized at the annual American Osteopathic Association (AOA) OMED conference, held in San Diego from October 5 – 9, 2018.

Heather Johnston (‘2019) was honored with the Burnett Osteopathic Student Researcher Award for her dedication to osteopathic-oriented research and her study examining the effect of osteopathic manipulative treatment on anxiety and the treatment’s ability to balance the autonomic nervous system.

Jay Olson (‘2021) received the Excellence in Research Award from the Student Osteopathic Medical Association (SOMA).

UPCOMING MWU EVENTS

CHIPPIN’ IN FOR STUDENTS GOLF TOURNAMENT
MARCH 18, 2019
12:30 PM
ARROWHEAD COUNTRY CLUB
For more information, call 623/572-3298 or go to www.midwestern.edu/azgolf.

AZCOM COMMENCEMENT
MAY 29, 2019
Midwestern University Auditorium
For more information, go to www.midwestern.edu/commencement.html. Congratulations to the Class of 2019!
MWU Crowns Winner of Arizona Regional Brain Bee

On Monday, January February 4, 2019, Midwestern University welcomed some of Arizona's top high school students for the annual Arizona Regional Brain Bee, an educational competition similar to a spelling bee that focuses on neuroscience. The 2019 competition was presented in partnership with the BHHS Legacy Foundation.

This year, 88 students from 14 Arizona high schools from as far away as Bagdad and Bisbee converged on the University's Glendale Campus to test their knowledge of the human brain, how it governs human behavior, and the science that helps medical professionals understand brain function.

The top three Brain Bee finishers, in order, were Latavya Chintada from BASIS Chandler, Shiu Shah from Mountain Ridge High School, and Shreya Sreekantham from BASIS Chandler. Ms. Chintada took top honors this year after finishing second in last year’s Brain Bee and third two years ago. BASIS Chandler won the team prize for the overall high score for the fifth straight year.

For her performance in the Brain Bee, Ms. Chintada won a $2,000 scholarship towards tuition in any Midwestern University program at either the University's Glendale Campus or the campus in Downers Grove, Illinois, as well as travel expenses to help her as she competes at the upcoming USA Regional Brain Bee Championship in Hershey, Pennsylvania.

Midwestern University faculty and students served as judges, question readers, timers, and scorekeepers for the Brain Bee. Questions ran the gamut from identifying physical features of the brain itself to naming brain disorders and diseases to surgical and medical practices that modify neural behaviors.

The student team from BASIS Chandler finished atop the standings of the 2019 Arizona Regional Brain Bee, held at Midwestern University.
FREE SUMMER PROGRAM GIVES TEENS HANDS-ON INTRODUCTION TO HEALTHCARE CAREERS

For eight days in July, AZCOM student volunteers will volunteer their time and effort to help high school students learn about healthcare careers at Midwestern University’s Health Careers Institute for High School Students. During this exciting hands-on program, AZCOM students will be among the faculty and student volunteers who will teach workshops in anatomy, physiology, and introductory skills for various health professions, with a special focus on how to prepare for college and what to expect from each profession. Guest lectures will include current medical topics such as Emergency Medicine, Sports Medicine, Drug Abuse, Healthcare Volunteer Opportunities, and more. In addition, participants will attend a medical field trip to Arrowhead Hospital and an interactive Emergency Medical Services mock rescue scenario presented by the Glendale Fire Department.

The program is offered at no cost to participants and is sponsored by Midwestern University and the BHHS Legacy Foundation. It is open to current high school juniors and seniors with a serious interest in science. Forty-eight participants will be selected based on their interest in the health professions, as demonstrated by school coursework, volunteer activities, high school transcript, a teacher recommendation letter, and an application essay.

Applications for the 2019 edition of the Health Careers Institute for High School Students, to be held from July 11 to 20, 2019 are due April 1, 2019. For more information, go to www.midwestern.edu/azhealthcareersinstitute or call 623-572-3353.
A.T. Still University Receives Continued Accreditation from Higher Learning Commission

A.T. Still University (ATSU) was recently granted continued accreditation by the Higher Learning Commission (HLC) for 10 years, the maximum length achievable.

More than three years ago, faculty, staff, students, administrators, and trustees came together to develop an evidence-based assurance argument, prepare for site team visits, and host successful visits by HLC representatives at the University’s campuses in Kirksville, Missouri and Mesa, Arizona.

The HLC is an independent corporation founded in 1895 as one of six regional institutional accreditors in the U.S. It accredits degree-granting post-secondary educational institutions in the north central region, which includes 19 states.

“ATSU is honored to receive ongoing accreditation from HLC,” says ATSU President Craig M. Phelps, DO, ’84. “Congratulations to University trustees, faculty, staff, administration, students, and alumni who worked so hard to assure a positive accreditation outcome.”

ATSU and Corbin’s Legacy Launch School-based Pediatric Screening Program

On Monday, October 1, 2018, ATSU-SOMA and Corbin’s Legacy held a ribbon-cutting ceremony for a medical screening room housed at Emerson Elementary School in Mesa Public Schools. ATSU students and faculty will use the facility to provide screenings to Emerson students on an ongoing basis. The equipment was donated by Corbin’s Legacy, a Mesa-based non-profit organization dedicated to providing elementary school children with basic school and healthcare needs.

Elementary students, school leadership, and district administrators attended the ribbon-cutting ceremony, as did leadership from ATSU and Corbin’s Legacy, Mesa Mayor John Giles, and Councilmember Mark Freeman. More than 600 students at Emerson, a Title I school, will benefit from the ongoing screenings. Many students may be uninsured or underinsured, and would not otherwise have access to critical health screenings. Corbin’s Legacy will follow up with children who require additional care.

“By providing ongoing health screenings at school, ATSU-SOMA and Corbin’s Legacy are removing barriers to care for children in need,” says Jeffrey Morgan, DO, MA, FACOI, CS, Dean of ATSU-SOMA. “ATSU-SOMA is committed to preparing compassionate doctors who will improve access to quality healthcare in underserved communities. This a replicable, scalable, and innovative model for school-based health screenings. We look forward to seeing the impact it will have at Emerson.”
Hogwarts Day at ATSU-SOMA

On Thursday, December 13, 2018, A.T. Still University’s School of Osteopathic Medicine in Arizona (ATSU-SOMA) hosted Hogwarts Day at ATSU-SOMA, a creative event designed to ease students’ stress while they prepared for final exams. ATSU-SOMA faculty, led by Victoria Bryant, PhD, assistant professor of genetics and molecular biology, planned Harry Potter-themed activities, décor, and costumes.

The magic began early in the month, when ATSU-SOMA students received an acceptance letter to the “ATSU-SOMA School of Witchcraft & Wizardry.” On the day of the event, students were divided into the four houses: Gryffindor, Slytherin, Hufflepuff, and Ravenclaw. True to the magical world of Harry Potter, they even donned a sorting hat for the ceremony.

The houses rotated through stations that aligned magical subjects like Potions and Care of Magical Creatures to relevant material on upcoming final exams.

Faculty members dressed up as popular characters from the books, including Albus Dumbledore, Mad-Eye Moody, and Severus Snape. ATSU-SOMA Dean Jeffrey Morgan, DO, MA, FACOI, CS, dressed as Minister of Magic, Cornelius Fudge.

In the afternoon, the houses competed in a Quidditch tournament, involving broomsticks, quaffles, and a golden snitch. Team Gryffindor won the coveted Quidditch Cup.

The event was a huge hit with ATSU-SOMA students.

“It was the most fun and interactive final oral exam I’ve ever had in my life,” says Samuel Grover, OMS I. “All of our subjects were associated with classes from Hogwarts, and most of our professors even dressed up. Thank you to all who helped make it a success.”

“I am very thankful for the time our faculty and staff put into this event to make it such an unforgettable and magical experience,” adds Janae Rasmussen, OMS I. “It was very helpful to get insight on high-yield topics for our final while also having fun playing Quidditch.”

The event was about more than polyjuice potion, boggarts, and butterbeer. The activities reinforced important academic concepts that will help students succeed on final exams and beyond.

“Many students told me they were very stressed and overwhelmed prior to this event, and it really helped themrelieve stress and prepare for finals,” says Dr. Bryant. “I feel like they will remember this day for years to come, long after they’ve left campus. Events like this make ATSU-SOMA a unique school.”

Professors McGonagall (aka Victoria Bryan, PhD) Dumbledore (aka Valerie Sheridan, DO), and Snape (aka Noel Carrasco, MD) presided over the activities during the Hogwarts Day at ATSU-SOMA.
ATSU-SOMA Hosts U.S. Army Stop the Bleed Training

On Monday, January 28, 2019, Major Michael Hay of the U.S. Army 6th Medical Recruiting Battalion provided *Stop the Bleed* training to faculty and first-year students at A.T. Still University’s School of Osteopathic Medicine in Arizona (ATSU-SOMA). Participants learned to administer care to someone with life-threatening bleeding in the critical moments before first responders arrive. *Stop the Bleed* is sponsored by the U.S. Department of Homeland Security and the American College of Surgeons.

All 106 first-year students at ATSU-SOMA participated in the training. After Major Hay provided classroom instruction, students were directed to the University’s back patio, where faculty had staged a mass-casualty simulation. Students provided care to 40 standardized patient actors with simulated injuries. After a few minutes, the Mesa Fire Department arrived to take over, giving students a feel for how long they should expect to wait for help from first responders.

First-year medical students do not typically have the opportunity to learn these lifesaving skills. Because ATSU-SOMA students are assigned to community health centers in their second year of medical school, they will be able to train other healthcare providers and community members to respond to emergency situations.

“This program is a perfect way for first-year medical students to learn a practical, hands-on skill that could save a life – not four years from now when they graduate, but tonight, on their way home,” says Christina Weaver, DO, assistant professor of clinical sciences at ATSU-SOMA. “I am so proud of our students. Aside from learning how to recognize and control life-threatening bleeding, the vast majority of them knew their patient’s name and demonstrated excellent humanistic skills in the face of disaster. They kept their composure under pressure, and through it all remembered who they truly are – future osteopathic physicians.”
The Wright Center National Family Medicine Residency Receives ACGME Initial Accreditation

The Wright Center for Graduate Medical Education National Family Medicine Residency (NFMR), a collaboration between The Wright Center and ATSU-SOMA, recently received initial accreditation by the Accreditation Council for Graduate Medical Education (ACGME).

Established in 2013 as a single residency program operating at six community health centers across the country, NFMR’s national consortium model for teaching health centers is the first of its kind. The Wright Center acts as the sponsoring institution, while ATSU-SOMA provides the educational infrastructure. Currently there are 48 residents in the program, training at health centers in Arizona, Ohio, Washington, and Washington, D.C.

As health center trainees, residents gain real-world experience while immersed in an educational program. This includes two hours of weekly didactic sessions delivered via Zoom, a cloud-based video conferencing platform.

“The Zoom format allows us to meet, teach, and stay connected with both residents and faculty at the training sites,” says Christine Morgan, EdD, residency development manager.

NFMR was developed to bolster the physician workforce in rural and underserved areas, addressing healthcare disparities. The teaching health center model creates a pipeline that begins in the community. Children and young people who are inspired by the care they receive at health centers may choose to pursue careers in medicine. This brings them through the doors at ATSU-SOMA, which leads them back to a health center for residency. Many NFMR graduates return to practice at a community health center, providing care to underserved populations and filling gaps in the health workforce. According to ATSU’s chair of graduate medical education and NFMR program director, Lawrence LeBeau, DO, more than half of NFMR’s 54 graduates have gone on to practice at community health centers. This far exceeds the average for other teaching health center programs (36 percent) and traditional residency programs (2 percent).

NFMR was initially accredited by the American Osteopathic Association. However, beginning in 2020, the ACGME will be the sole accrediting body for graduate medical education, evaluating both osteopathic and allopathic programs. Since 2015, osteopathic residency programs have been transitioning to meet the ACGME’s rigorous academic standards.

“It’s a different philosophical approach to medical education,” says Jeffrey Morgan, DO, MA, FACOI, CS, Dean of ATSU-SOMA. “Osteopathic programs are historically more flexible in their thinking and their approach, while allopathic programs are more research-based and linear. It’s almost like we’re speaking two different languages.”

This creates some challenges for osteopathic programs applying for ACGME accreditation.

“Our innovative program did not fit the mold of traditional ACGME programs,” says Dr. LeBeau. “This created an opportunity for NFMR and ACGME to learn from each other as graduate medical education transitions to a single accreditation system.”

NFMR’s initial accreditation by ACGME is a testament to the quality of the program and its impressive outcomes. According to Dr. LeBeau, NFMR graduates have a 97 percent first-time pass rate on the American Osteopathic Board of Family Physicians specialty board exams. ACGME accreditation paves the way for future innovation in graduate medical education to the benefit of students, providers, patients, and communities.
TOMF Welcomes New Leadership

By Steve Nash, Executive Director, Tucson Osteopathic Medical Foundation

The Tucson Osteopathic Medical Foundation (TOMF) recently elected the 2018-2019 Board of Trustees.

Chairman of the Board of Trustees, Scott J. Biehler, DO, is a practicing internist with Carondelet Medical Group. A native Oklahoman, Dr. Biehler is a graduate of the University of Health Sciences in Kansas City. He completed his post graduate training at Tucson General Hospital and has practiced in Tucson since 1984.

Jamie M. Moenster, DO, is the Chairman-Elect. A plastic surgeon, serving Tucson with a clinic in Sierra Vista, Dr. Moenster earned her osteopathic degree from Kirksville College of Osteopathic Medicine and trained in surgery and plastic surgery at South Pointe Hospital in Warren Heights, Ohio.

Jerry H. Hutchinson, Jr., DO, is Secretary/Treasurer. A former Chairman of the Board, he is a graduate of Kirksville and trained in internal medicine at Tucson General Hospital. Dr. Hutchinson is a hospitalist at Tucson Medical Center and a Captain in the naval reserve.

All three TOMF officers are married to practicing osteopathic physicians: Heidi Haight-Biehler, DO, Christopher Weyer, DO, and Carol Hutchinson, DO.

Two new physicians were also elected to the TOMF Board of Trustees.

Franz P. Rischard, DO, is a fixture in Tucson Lifestyles “Best Docs” issue. He is a pulmonologist and critical care specialist at the University of Arizona, where he trained after graduation from the College of Osteopathic Medicine in Pomona, California.

Patricia J. Eck, DO, is the first native Tucsonan to serve on the TOMF Board of Trustees. She is a 2006 graduate of the Arizona College of Osteopathic Medicine (Midwestern) in Glendale. She trained in pediatrics at the University of Arizona and she just won approval to start and run a pediatric residency program at Tucson Medical Center.

Dr. Rischard and Dr. Eck join seasoned board members Kenneth M. Belkoff, DO, Issa Y. Hallaq, DO, John Q. Harris, DO, John F. Manfredonia, DO, Matthew P. Namanny, DO, Kenneth S. Snow, DO, and Howard R. Zveitel, DO.

“We are in a nice phase during the life of a foundation,” said Steve Nash, TOMF executive director, “New physicians get to meet several founding and experienced board members and absorb their lessons as they move into leadership.”

Tucson Osteopathic Medical Foundation was created in 1986 after the sale of Tucson General Hospital. It provides funding for small projects aimed at improving community health and scholarships for students attending Arizona osteopathic medical schools. TOMF hosts its 28th Annual Southwestern Conference on Medicine at Westin La Paloma in Tucson May 2-5, 2019.

As much as streams reinvigorate lakes, new leadership and board members refresh organizations.
2019 Calendar of Events

March 21-24, 2019
ACOFP 56th Annual Convention
Chicago, Illinois

April 10, 2019
AOMA Board of Trustees Meeting
7:00 pm
Hilton Scottsdale Resort & Villas

April 10-14, 2019
AOMA 97th Annual Convention
Hilton Scottsdale Resort & Villas
6333 N. Scottsdale Road
Scottsdale, Arizona

April 12, 2019
AOMA House of Delegates
4:00 pm
Hilton Scottsdale Resort & Villas

June 29, 2019
AOMA Board of Trustees Meeting
9:00 am
AOMA Office
Phoenix, Arizona

July 24-26, 2019
AOA House of Delegates
Chicago, Illinois

August 17, 2019
5th Annual Flagstaff Osteopathic Medical Conference
Flagstaff Medical Center
Flagstaff, Arizona

November 1, 2019
AOMA Board of Trustees Meeting
6:30 pm
El Conquistador Tucson
A Hilton Resort

November 2, 2019
AOMA House of Delegates
4:00 pm
El Conquistador Tucson
A Hilton Resort

November 2 & 3, 2019
AOMA 39th Annual Fall Seminar
El Conquistador Tucson
A Hilton Resort
10000 N. Oracle Road
Tucson, AZ 85704

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Update Your Member Profile and WIN!
You could win a $100 VISA gift card. Please take the time to visit the AOMA website and login to update your professional profile information for the online AOMA Directory. Deadline to be entered into the gift card drawing is May 31, 2019.

See what’s new on the AOMA website. Register for the 97th Annual Convention, take an online CME course; or check out the resources for physicians. Visit often for future enhancements and features!

www.az-osteo.org
The Arizona Osteopathic Medical Association Career Center offers enhanced resources for job seekers, expanded options for employers, and services for property owners and tenants. With an upgraded user interface, the AOMA Career Center is mobile responsive and integrates with your social media accounts.

Looking for that ideal candidate?
• The AOMA Career Center has improved product packaging, job distribution, and resume bank.
• Dedicated to the osteopathic medical community, you can maximize views and responses to your job posting with online ads, boosted postings, and targeted emails.

Searching for a job?
• Open a free account to search for open positions and post your resume.
• The Job Search Resource Center offers resume writing tips, interview advice, and career coaches to assist you.

Buying or selling a practice?
• Search practices for sale.
• Find potential buyers for your practice.
• Explore business opportunities.

Need office space? Have space for rent?
• Locate the perfect office for your practice.
• Find prospective tenants for your building.
• Expand your practice with a second office.

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