Doctor of Osteopathic Medicine
A.T. Still University

Kirksville College of Osteopathic Medicine
School of Osteopathic Medicine in Arizona
Arizona School of Dentistry & Oral Health
Missouri School of Dentistry & Oral Health
Arizona School of Health Sciences
College of Graduate Health Studies
A.T. Still University of Health Sciences serves as a learning-centered university dedicated to preparing highly competent professionals through innovative academic programs with a commitment to continue its osteopathic heritage and focus on whole person healthcare, scholarship, community health, interprofessional education, diversity, and underserved populations.
What is Osteopathic Medicine (DO)

• Holistic view of the body as interconnected systems
• Specialized musculoskeletal system training
• Focus on healthy lifestyle practices and preventative medicine
• Specialize in any area of medicine
• Patient-centered approach with a community health orientation
Osteopathic Manipulative Medicine (OMM)

- Hands on diagnostic and treatment technique
- Promotes self-healing by maximizing circulatory and immune functions
- Multiple techniques including: High velocity low amplitude, muscle energy, cranial osteopathy
- Enhances role of autonomic nervous system
- Targets dysfunctions in different body regions
DO/MD

Similarities:
• 4-year undergraduate degree
• 4 years of basic medical education
• National and state licensure exams
• Ability to specialize in any area
• Practice together in AOA/AMA accredited hospitals and clinics
• Continuing medical education (CME)

Differences:
• Osteopathic Manipulative Medicine (OMM)
• Sees the body as an integrated whole
• Focus on patient-centered preventative medicine
• Emphasize musculoskeletal system
• Uses structural diagnosis and manipulative treatment to encourage the body’s natural tendency toward health
• ~200 Additional hours of OMM coursework
• Advanced palpatory skills development
Kirksville College of Osteopathic Medicine (KCOM)

School of Osteopathic Medicine Arizona (SOMA)
KCOM

• Founding school of Osteopathic Medicine (1892)
• Degrees
  – Doctor of Osteopathic Medicine
  – Master of Biomedical Sciences
• Systems Based Patient Centered Curriculum
• Student-centered support
• Student involvement
• State-of-the-art technology
  – Dedicated Ultrasound Lab
  – Human Patient Simulation Lab
  – Full cadaver dissection lab
• Average MCAT – 26/502
• Average GPA – 3.60 cumulative, 3.53 science
• Patient-Centered Systems-Based Curriculum
• Content within each course is carefully aligned to cover various systems
• Students see content of courses and begin to develop clinical reasoning skills that align with various systems
• Clinical faculty present cases
• Basic science faculty address similar topics through subject matter
• Early patient encounter situations are introduced through standardized patient and community-based encounters
• All topics in courses relate to one another
• Computer based, mixed discipline section exams to simulate COMLEX board testing model
High-Fidelity Simulation Center

Human Patient Simulators:
- Intubation
- Heart, lung, and bowel sounds
- Drug recognition and response
- Fluid input and output
- ACLS
- Chest tube insertion
- Birthing simulator; pediatric and adolescent simulators
- Colonoscopy/Bronchoscopy simulators

Open SIM time with guided cases one afternoon per week
Anatomy Lab

- 6:1 Student to cadaver ratio
- Two computer monitors at all 30 cadaver stations
- 3-D Atlas of human body
- VH Dissector with labeled images
- Students work on presentation skills during labs
- Annual memorial service for cadavers and their families
- Anatomy fellows available for assistance in lab and for tutoring
• 1st DO school to incorporate ultrasound into curriculum
• 25 ultrasound machines
• Integrated ultrasound curriculum
• Incorporated into OMM course
• Allows viewing of living anatomy
• Medical education fellows facilitate self-directed learning
OMM Lab

- 100 adjustable OMM tables
- 4 hours per week spent in lab with open lab hours
- Systems studied in lab align with systems studied in other courses
- Full wall projections
- OMM fellows and instructors available for assistance
The Complete DOctor

- Physical exam skills
- Public health/prevention community experiences
  - School physicals
  - Community clinical experiences
- Communication skills
- Death and dying
- Medical ethics and professionalism
- Cultural diversity and spirituality
- 2-Week rural medicine preceptorship
1st & 2nd Year Curriculum

- Advanced Cardiac Life Support
- Dermatology
- Histology
- Human Biochemistry
- Human Gross & Developmental Anatomy/Radiology
- Immunology
- Infectious Diseases
- Internal Medicine

- Introduction to Clinical Rotations
- Medical Microbiology
- Medical Pharmacology
- Medical Physiology
- Neuroscience
- Osteopathic Theory & Methods (OTM)
- Pathology
- Principles of Surgery
- The Complete DOctor
- Women’s Health
Electives

- Clinical Pharmacology
- Cranial Osteopathy
- Culinary Medicine
- Pranic Healing in Medicine
- Medical Letters – Literature in Medicine
- Medical Spanish
- Health Partners
- Advanced Osteopathy
- Research (Years 1-2 & Year 4)
- Advanced Wilderness Life Support
  - Basic Disaster Life Support
  - Advanced Disaster Life Support
- Intro to Public Health
- Spirituality in Medicine
- Vulnerable Populations
- Cultural Awareness in Medicine
3rd Year Curriculum

- Anesthesiology
- Family Medicine
- Internal Medicine
- Rural/Underserved Family Medicine
- OB/GYN
- Pediatrics
- Psychiatry
- Radiology
- Surgery
- Electives (6 weeks)
4th Year Curriculum

- Critical Care/ICU
- Emergency Medicine
- Family Medicine
- Internal Medicine Selective
- Internal Medicine or Surgery Selective
- Orthopedics, Neurology, OMM or Physiatry
- Pediatric Selective
- Electives (14 weeks)
KCOM Faculty

- 31 Basic science faculty
- 36 Currently practicing clinical faculty
- 5:1 Student to faculty ratio
- Open-door policy
- Individual expertise
- Interdisciplinary collaboration between basic science and clinical faculty
Missouri Campus & Community

- College-town atmosphere
- Clubs and organizations
- Intramurals
- Still Well Healthy Lifestyle
- Local festivals and culture
- Historic downtown
- Thousand Hills State Park
- Thompson Campus Center
- Kirksville Aquatic Center access
- Still Support Organization
KCOM Still Scholars Program

- Apply by June 1 following Sophomore year of undergrad
- 3.40 cumulative and science GPAs required
- “B” or above in all prerequisite courses
- Clinical shadowing
- Community service
- Leadership
- Signed Exclusivity Agreement with KCOM
- MCAT not required (If taken, need to score 500 or above)
Masters in Biomedical Sciences

- Two-year program
- Partnered with faculty to produce publishable research
- Tracks include:
  - Anatomy
  - Biochemistry
  - Microbiology/Immunology
  - Pharmacology
  - Physiology
- Medical school coursework
- Low tuition
- Work-study opportunities
Admission Requirements

- 4 year undergraduate degree (BS, BA), including prerequisites
  - Biology w/lab
  - General Chemistry w/lab
  - Organic Chemistry w/lab
  - Physics w/lab
  - English
- Medical College Admissions Test (MCAT)
- Letters of Recommendation – DO/MD and Pre-Med Advisor or equivalent
- Clinical exposure
- Community service
- Extracurricular experiences
Class Profile

Class of 2020:

- Applications Received: 4,783
- Average Cum GPA: 3.60
- Average Science GPA: 3.53
- Average MCAT: 26/502
- States Represented: 32
- Average Age: 24
- Class Size: 172
Application Process

Submit AACOMAS Application and Transcripts
• aacomas.liaisoncas.com  Deadline: February 1st

Receipt of AACOMAS Application

Submit Online Secondary Application and Fee
  Deadline: March 1st

Verify Application Status
General Application Tips
Before Applying, Do Your Research

- Mission of Institution (Does this fit YOU?)
  - Curriculum model
  - Campus location(s)
  - Success rates of program(s)
  - Other: research, accreditation, etc.
- Class size
- Technology & IT support available to students
- Average MCAT
- Average GPA (cumulative & science)
- Demographics of class
- In-State/Out-of-State/International enrollments
- Prerequisites required for admission
- Timeline of application cycle
- Tuition information/Financial Aid
Components of a Competitive Application

- Prerequisites (Taken within last 5 years)
- GPA at or above school averages
- MCAT at or above school averages
- Submit primary application early and return secondary application quickly
- Strong letters of recommendation
- Extensive shadowing experience
- Demonstrated leadership through work experience/extracurricular involvement
- Commitment to underserved/public health through volunteer service
- Demonstrated motivation through personal statement/essays
- No disciplinary history
Preparing Your Application

- Be honest & genuine
- Be concise, but detailed
- Avoid jargon/slang/acronyms
- List all jobs/activities/shadowing
- Demonstrate personal growth
- Share examples
- Know prerequisites/requirements
- Proofread carefully/seek feedback
- Build relationships for letters of recommendation
- Verify application status
Red Flags

• Weak clinical shadowing experiences
• Relying on heavy clinical research as only medically related experiences
• Excuses for weaker areas of application
• Lack of people/leadership experiences
• Weak community service experiences with underserved populations
• Long list of activities but no leadership – lack of commitment
• Created job titles or fluff descriptions
• No passion/conviction for becoming a healthcare professional
• Cookie-cutter personal statements
When Writing Your Personal Statement...

**Do...**
- Show motivation
- Have a positive approach
- Emphasize what you gained from experiences
- Use varied sentence structure (avoid too much use of “I...”)
- Be up front about red flags in your application
- PROOFREAD
- Have others give feedback

**Don’t...**
- Make excuses for past errors
- Use jargon/slang/acronyms
- Use quotes/clichés
- Be arrogant/melodramatic
- Use it as a creative writing assignment
“I chanted ‘Ravenclaw!’ repeatedly as I clicked through the ‘sorting hat quiz’ on J.K. Rowling’s Pottermore website. My jaw dropped and tears filled my eighteen-year old eyes when my computer screen displayed the crest of Slytherin, the house of the most infamous dark wizard in the Harry Potter book series.”

“This is not my personal statement.”

“On a sleepless night, I tossed the beautiful, well-thought, well-written rhetoric of my personal statement and thought of one quote that I believe best summates my life: ‘Do not go where the path may lead. Go instead where there is no path and leave a trail.’ (Ralph Waldo Emerson)"
Financial Aid

- Federal loans
- Military (HPSP) awards
- Indian Health Services Scholarship
- WICHE
- National/Rural Health Service Corps
- Some scholarships available
- For tuition information, please visit: www.atsu.edu/financial_aid
Contact Us

www.atsu.edu/learn
866.626.2878 x 2237
ATSUAdmissions@atsu.edu