

OOA 123rd Annual Convention "Osteopathic Embrace"

ACOFP President-elect Brian A. Kessler, DO, FCOFP *dist.*

Education

Upcoming Opportunities & Updates

**ON-
DEMAND**

ACOFPP 60TH ANNUAL

**CONVENTION &
SCIENTIFIC SEMINARS**



**ON-DEMAND IS
NOW AVAILABLE**





Save  the Date



ACOFP 61ST ANNUAL CONVENTION AND SCIENTIFIC SEMINARS

New Orleans, Louisiana

Calling all family medicine residents and new physicians to apply by May 7th for this fun leadership development program!



LOUISVILLE
EST. 1778

acofp  FUTURE LEADERS
CONFERENCE

June 23 - 25, 2023 21c Museum Hotel Louisville

Achieve greater awareness of your leadership style and use it to enhance your performance.

COMPREHENSIVE CARE FOR PERSONS WITH DIABETES: A CERTIFICATE PROGRAM



LEARN INNOVATIVE APPROACHES TO DIABETES CARE AND IMPROVE PATIENT OUTCOMES
WITH **COMPREHENSIVE CARE FOR PERSONS WITH DIABETES: A CERTIFICATE PROGRAM.**

FOR MORE INFORMATION AND TO REGISTER, PLEASE VISIT [ACOFFP.ORG/DIABETESCERT](https://acofp.org/diabetescert).

acofp | AMERICAN COLLEGE
OF OSTEOPATHIC
FAMILY PHYSICIANS

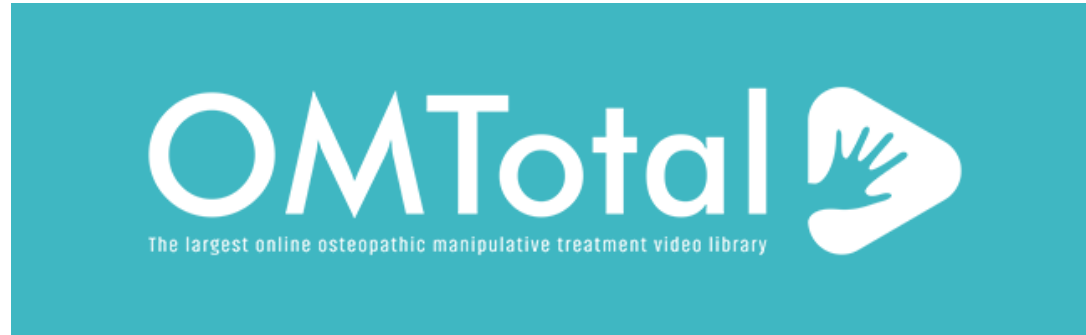
ENDOCRINE
SOCIETY 



Digital Health for Practicing Clinicians: A Certificate Program

acofp.org/digitalhealth





New billing and coding content added!



acofp.org/OMTotal

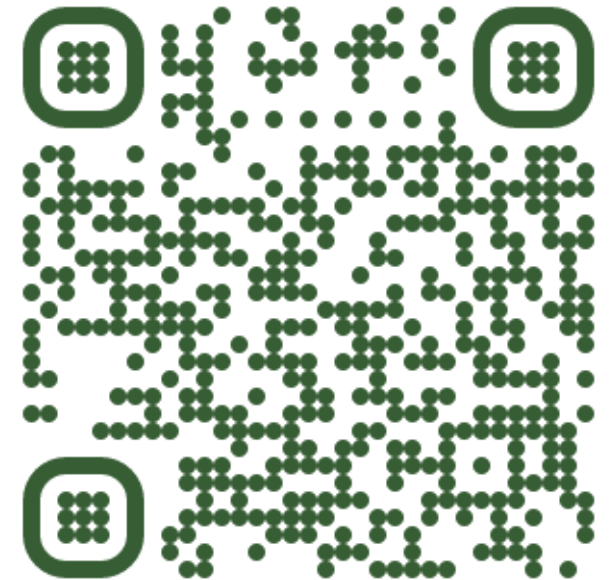
Osteopathic Family Physician CME Quizzes



- Free to ACOFP members
 - Print issue to practicing physician members
 - Digital issue to practicing physician, resident, and student members
- 2.0 AOA Category 1-B CME credits per issue

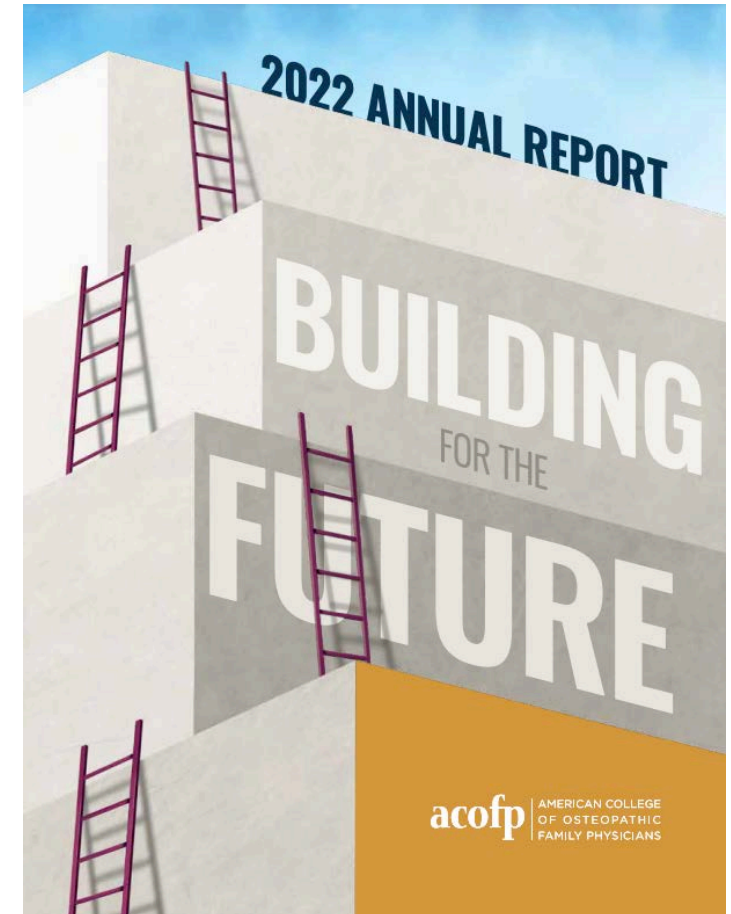
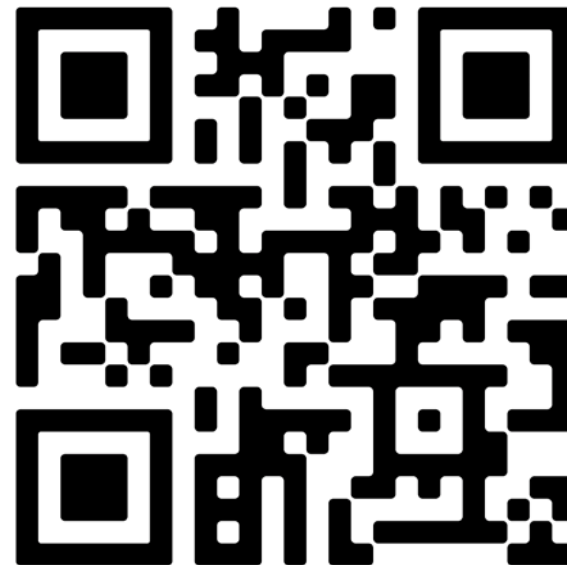
Free CME for ACOFP Members

- New CME opportunities added quarterly
- What's new in the last 6 months
 - 2023 Standards of Care in Diabetes
 - Implementing Outpatient Therapies to Prevent Progression to Severe COVID-19
 - Operation Save Lives
 - Best Practices in Selecting and Interviewing FM Residency Applicants
- Scan the QR code to see all free member CME
- Just make sure you're signed into your ACOFP account to see free pricing



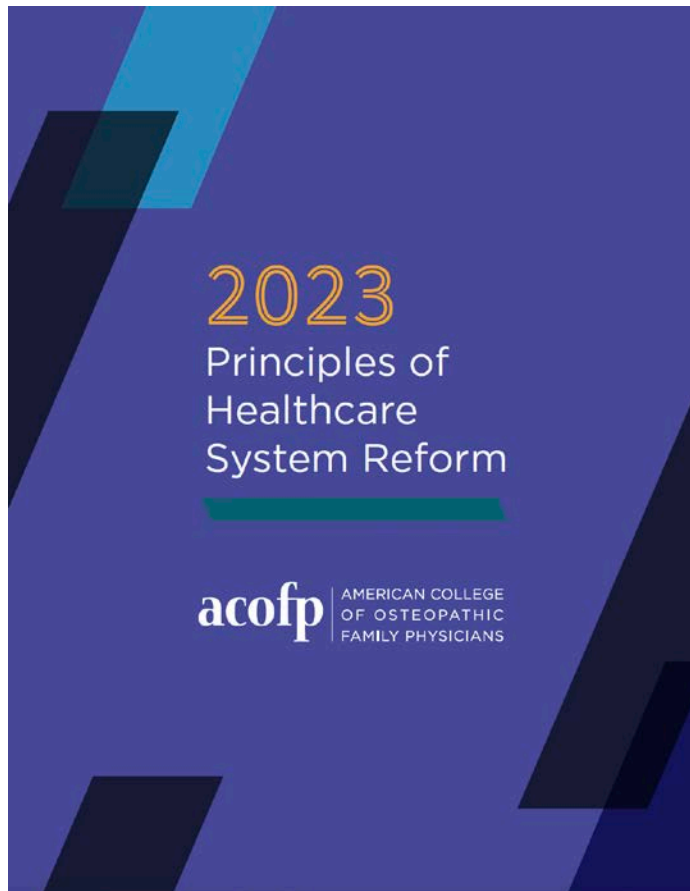
The 2022 Annual Report is now available online. You can review:

- ACOFP's strategic plan
- Highlights from the 2022 Annual Convention
- Details on how we advanced membership, governance, and operations
- Updates on how we advocated for the profession
- Foundation annual report

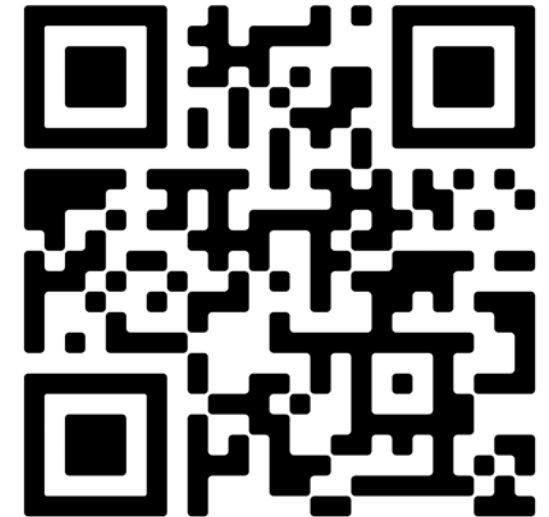


Advocacy

Updates



- Reduce unnecessary paperwork requirements
- Preserve the family medicine model of care
- Address the family physician shortage
- Improve outcomes and reduce costs through primary care and support for family physicians
- Focus on vulnerable populations and address racial disparities
- Encourage the appropriate use of telehealth
- Protect patients during the COVID-19 pandemic
- Address the opioid crisis



acofp.org/AdvocacyPriorities

ACOFP Foundation

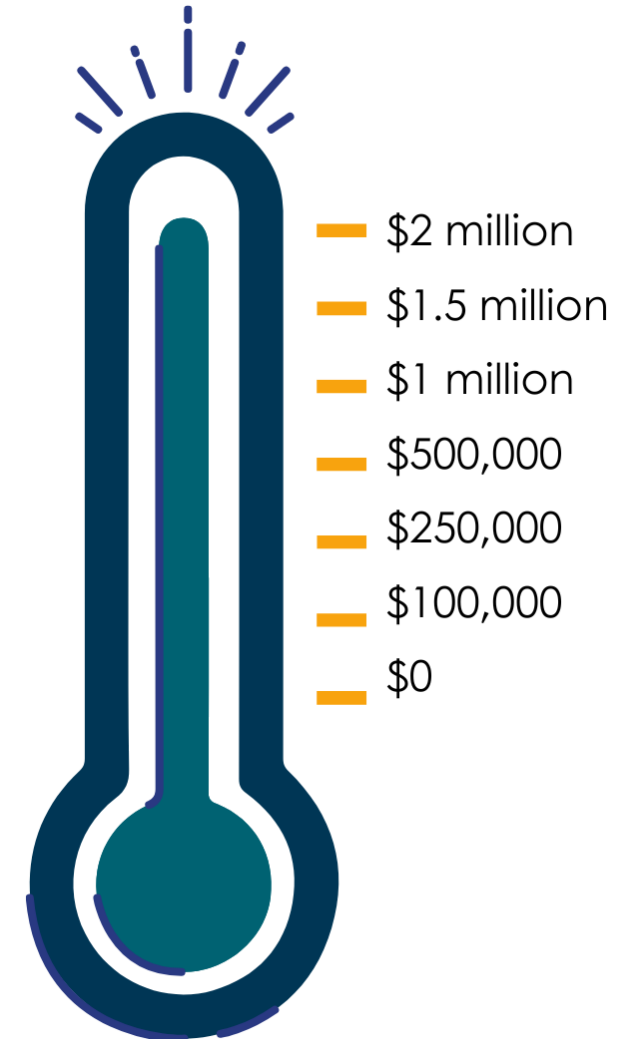
Updates

Forging Our Osteopathic Future Campaign

Thank you to our donors for their generous support of the *Forging Our Osteopathic Future* campaign!

We are proud to say that thanks to the generosity of our supporters, the ACOFP Foundation hit our \$2 million goal in March of 2023, over a year ahead of schedule.

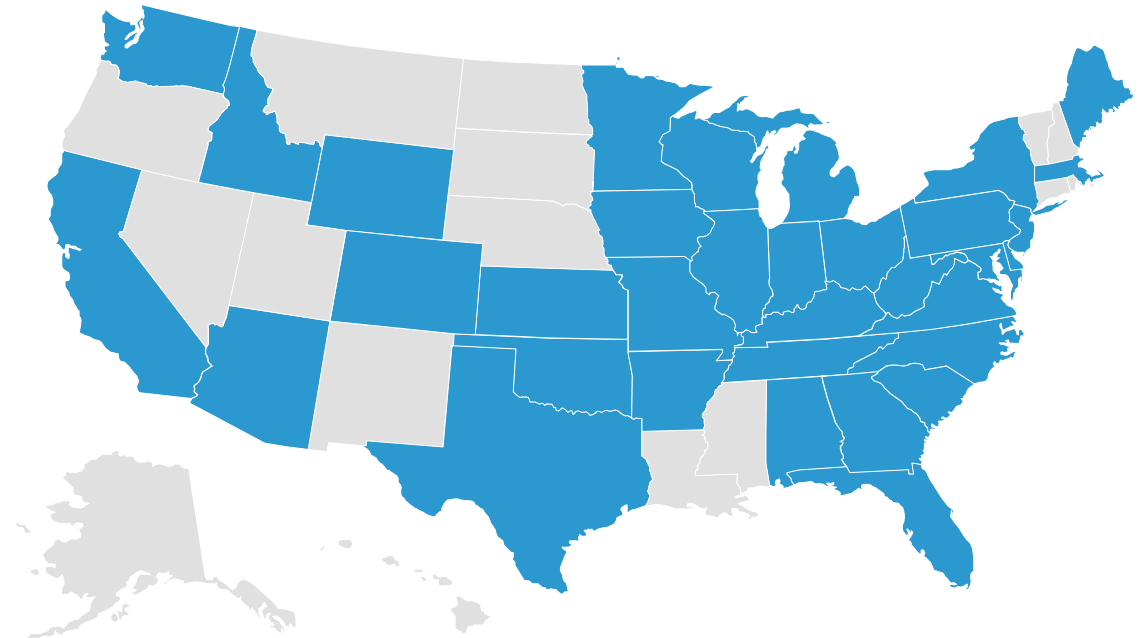
The ACOFP Foundation welcomes the continued support of this campaign, which will help to ensure the future of osteopathic distinctiveness.



Initial Certification Grant

- Initial Certification covers up to \$1,400 in exam fees and travel for eligible residents.
 - Partial grants may be awarded.
- Residents must sit for both the AOBFP cognitive and practical exams.
 - Residents can choose between the AOBFP Early Entry Initial Certification (EEIC) pathway or the traditional initial certification pathway.

Applications for the Fall 2023 and Spring 2024 funding cycle will open in July.



State representation of grantees

Engagement

Current Opportunities

Fellow and Distinguished Awards

acofp | *Conclave of Fellows*
OF THE AMERICAN COLLEGE OF
OSTEOPATHIC FAMILY PHYSICIANS

Promote excellence and leadership in osteopathic family medicine by becoming a Fellow of the ACOFP!

Current Fellows – Sponsor a physician in your state for the award and apply for the Distinguished Fellow Award!



Ways to Get Involved: Create Content

- Write an article for *Osteopathic Family Physician (OFP)* quarterly journal
- Create a patient education handout
- Submit a blog post
- Record a podcast or webinar
- Present at an ACOFP national event

A Call to Action for Global Diversity Awareness Month

By Srijesa Khasnabish, OMS-IV

In honor of Global Diversity Awareness Month this October, I wanted to take a moment to reflect on what diversity means to me. As a child, this term was unfamiliar. By high school, I heard this term used more frequently around me, but only thought of it in the context of race and ethnicity. In college, my definition expanded to include many other dimensions of diversity such as sex, gender and language. Now, as a fourth-year medical student, diversity is something I am actively seeking in the residency programs I am applying to.

To continue my journey of reflection about diversity, I reached out to Tejal Patel, DO, the 2021 recipient of the ACOFP Diversity, Equity, and Inclusion (DEI) Award. Dr. Patel is a clinical assistant dean at Ohio University Heritage College of Osteopathic Medicine. She is also faculty with OhioHealth Doctors Hospital Family Medicine Residency.



Women's Health

PATIENT EDUCATION HANDOUT

PMDD

Tania Ghazarian, OMS
Arnold Janschowski, DO, FACP, FRCPC, Editor • Paula Gregory, DO, MBA, CDE, FRCPC, FARMQ, Health Literacy Editor

Premenstrual Dysphoric Disorder (PMDD) is the severe form of Premenstrual Syndrome (PMS). Symptoms of PMDD are both physical and emotional caused by normal hormonal changes that begin typically seven to ten days before the start of your period.

SYMPTOMS
Common emotional symptoms of PMDD include irritability or anger that lasts for a long time, sadness or hopelessness that can turn into despair, anxiety, and extreme moodiness. Physical symptoms of PMDD include cramps, bloating, joint and/or muscle pain, breast tenderness and/or enlargement, and headaches. Behavioral changes include tiredness, low energy, difficulty sleeping, food cravings and/or binge eating, crying spells, and panic attacks.

TREATMENT OPTIONS
Treatment for PMDD includes the use of antidepressants, birth control pills, non-steroidal anti-inflammatory drugs (NSAIDs), and lifestyle management. Antidepressants are used to treat some of the emotional symptoms associated with PMDD. Many patients with PMDD experience depression or thoughts of suicide if not treated. Birth control pills are used to manage normal hormonal changes that lead to abnormal emotional and physical reactions in patients with PMDD. Other treatments such as pain relievers may be used to alleviate muscle and joint pain, or even abdominal cramping. Lifestyle management includes the reduction of stress, as stress can cause the worsening of these symptoms.

WHEN TO CONTACT YOUR OSTEOPATHIC FAMILY PHYSICIAN?
Please see your Osteopathic Family Physician if any of the symptoms of your menstrual cycle interfere with your daily life activities as this may be a sign of PMDD.

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SOURCES: www.merckmanuals.com; Mayo Clinic; www.osteopathic.org

Find additional patient handouts on our website at www.acofp.org.

acofp.org/CallForContent

Leadership Development : Get Involved



Physician
Leadership
Engagement



New Physician
Leadership
Engagement



Resident
Leadership
Engagement



Student
Leadership
Engagement

Thank you!