

OKLAHOMA D.O.

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THE JOURNAL OF THE OKLAHOMA OSTEOPATHIC ASSOCIATION





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Students and Residents have the opportunity to showcase their research at the OOA's 2024 Winter CME Seminar and win a scholarship.

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OSU-CHS earns a top spot in US News & World Report medical school rankings



By Sara Plummer

OSU Center for Health Sciences has earned the No. 1 ranking in the percentage of graduates practicing medicine in Health Professional Shortage Areas and No. 10 in graduates practicing in rural areas from U.S. News and World Report's annual medical school rankings.

HPSAs designate areas and population groups, both rural and urban, that are experiencing a shortage of health professionals and can also be called medical deserts. About 50% of OSU-COM graduates are practicing in HPSAs, according to US News data.

“Being recognized by U.S. News and World Report for the hard work and dedication of our graduates to serve patients in physician shortage areas, these rural and underserved communities, is a testament to the mission of OSU College of Osteopathic Medicine,” OSU-CHS President Johnny Stephens said. “I’m so proud of our institution, our graduates, our faculty and staff for their unwavering commitment to this mission. By emphasizing innovation and passion for community, OSU-COM produces graduates eager to work in these medical deserts.”

Once again OSU-CHS was also ranked as a top 10 medical school whose graduates practice in rural areas.

According to the National Rural Health Association, the patient-to-primary care physician ratio in rural areas is 39.8 physicians per 100,000 people, compared to 53.3 physicians per 100,000 people in urban areas. This uneven distribution of physicians has had an impact on the health of those living in rural areas.

“For more than 50 years, OSU College of Osteopathic Medicine has made it a priority to educate and train doctors to go out and serve in rural Oklahoma where there’s the greatest need,” said Dr. Dennis Blankenship, Dean of OSU-COM. “We believe in empowering those living in rural and underserved areas who may have dreams of becoming a

doctor or a passion for serving others. Recruiting future physicians from small towns and communities in Oklahoma means there’s a greater chance they return to their hometowns and rural communities to practice medicine where they are needed most.”

The 2023-24 U.S. News and World Report rankings are from a survey of 192 accredited allopathic and osteopathic medical schools in the United States, which grant M.D. and D.O. degrees, respectively.

For the third consecutive year, U.S. News published rankings that focus on medical school characteristics and where doctors practice, working with the Robert Graham Center, a division of the American Academy of Family Physicians, as the data provider to measure how medical schools are performing on key health care issues they and their graduates face.

Stethoscope Sponsorship Program

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\$150

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The Oklahoma Osteopathic Association and Oklahoma Educational Foundation for Osteopathic Medicine partner annually to provide incoming first-year medical students Cardiology-IV stethoscopes. We are offering osteopathic physicians the opportunity to sponsor a stethoscope to future osteopathic physicians. Names will be included with the gifted Litmann Stethoscope to connect the sponsoring physician with the student recipient.

AOA CATEGORY 1-A CREDITS WHENEVER • WHEREVER

The CME Center, a collaboration with other state associations, is a hub for on-demand programs, webinars, and live educational opportunities addressing a broad spectrum of topics covering practice management, healthcare regulation and relevant clinical issues.

Visit www.thecmecenter.org, create an account & access over 150+ CMEs instantly! With more constantly being added, DO CME is the place to get the latest on-demand lectures.



To watch OOA sponsored lectures on The CME Center, scan the QR Code or visit www.thecmecenter.org/topicarea/ooa-oklahoma



Oklahoma Osteopathic Association's

DOCTOR OF THE DAY

The Oklahoma Osteopathic Association is sponsoring the Doctor of the Day Program during the month of March at the Oklahoma State Capitol. The Doctor of the Day program provides a great opportunity to serve our state's leaders and learn about the legislative process at the same time.

Physicians are needed to serve in March on Mondays, Tuesdays and Wednesdays from 8:30 a.m. - 4:30 p.m., and Thursdays from 8:30 a.m. - noon. Each doctor can expect to see a handful of patients, be introduced in both the House and Senate chambers, and meet with their legislators. The OOA will provide talking points so you'll know the most pressing issues affecting you and your patients.

If you're interested in serving, please scan the QR code or contact Catherine Bruce at catherine@okosteo.org or 405-528-4848 to sign up. Thank you for your willingness to serve our great state!



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MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	1	2
	31					
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



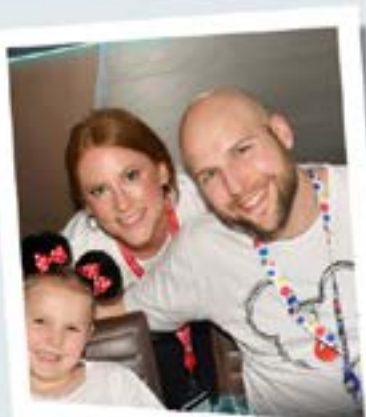
MEMBER SPOTLIGHT PRESENTS...

Micah Relic, D.O.



- **What is your specialty?**
Obstetrics and Gynecology
- **How many years have you been in practice?**
5
- **What College of Osteopathic Medical School did you attend?**
Oklahoma State University College of Osteopathic Medicine
- **What year did you graduate?**
2014
- **What is your all-time favorite song?**
I don't know that I can narrow it down to one song, but my favorite album is *Rumors* by Fleetwood Mac.
- **What advise do you have for the younger generation?**
Follow your intrinsic truths rather than the cultural standard.
- **Who is famous that you would like to meet?**
Adele

- **What is your all-time favorite movie?**
Braveheart
- **What is your bucket list destination?**
I'm steadily knocking off my long list of places to explore, but next up is Iceland to view the Northern Lights.
- **What was the highlight of this last year?**
Taking the Hiram Bingham train to Machu Picchu.
- **What is the best piece of advice that was given to you?**
Sometimes instead of dealing with the truth, you must deal with one's perspective of the truth.



- **What do you do when you are not practicing medicine?**
Travel- most recent trips include Peru, Egypt, and Greece.
- **What is something you have always wanted to try, but never did?**
Scuba
- **Who was your childhood hero? What did they do that inspired you?**
My father. He always pursued his dreams with confidence, which made doing the same for me less daunting.
- **What is your favorite holiday? Why?**
Christmas! As a gift giver and someone who loves quality family time, it's the perfect season for both.



- **What is the most important thing about the work you do?**
I have the privilege of improving the quality of women's lives, which positively impacts everyone in their family.
- **Do you have a favorite sports team?**
Yes, the Arkansas Razorbacks.
- **What is a sweet treat that you would break a diet for?**
Chocolate cake

NOMINATE PHYSICIANS OR FRIENDS OF THE PROFESSIONS FOR THE 124TH ANNUAL CONVENTION

AWARDS

The Oklahoma Osteopathic Association's Bureau on Awards will determine award recipients to be honored during the OOA's 124th Annual Convention. These awards represent the highest honor the OOA can bestow in recognition of outstanding service and contribution to the osteopathic profession in Oklahoma.

Nominations are now being accepted through Wednesday, January 31, 2024, to honor deserving physicians and friends of the profession at the 124th Annual Convention. Only OOA members can submit an OOA Awards nomination form.

Nominations may be submitted to Jacob Young by email at jacob@okosteo.org or fax at 405-528-6102

SAVE THE DATES!

2024 WINTER CME SEMINAR

JANUARY 23-28, 2024

HARD ROCK HOTEL & CASINO

CATFOSS, OK

MARK D. CALLEY, D.O., CHAIR

124TH ANNUAL CONVENTION

APRIL 18-21, 2024

SHIRATON OKLAHOMA CITY DOWNTOWN HOTEL

OKLAHOMA CITY, OK

JONATHAN S. STONE, D.O., CHAIR

DOUGLAS C. NOLAN, D.O., JACOB, PROGRAM CHAIR

OSU-COM clinical professor Leslie Ching named AAO Journal editor in chief

“Research is important but trying to practice the holistic approach to caring for patients is equally important. I feel the heart of medicine and healing is still the interpersonal relationship between the physician and patient.”

— Dr. Leslie Ching, OSU College of Osteopathic Medicine Clinical Associate Professor and American Academy of Osteopathy Journal Editor in Chief



Dr. Leslie Ching, clinical associate professor at Oklahoma State University College of Osteopathic Medicine, has been named editor in chief of the American Academy of Osteopathy Journal.
By Sara Plummer

Dr. Leslie Ching, clinical associate professor at Oklahoma State University College of Osteopathic Medicine, has been named editor in chief of the American Academy of Osteopathy Journal.

The AAO Journal is distributed quarterly to more than 7,500 osteopathic physicians, residents, medical students, colleges, hospitals and organizations.

“The medical field is constantly changing with new diagnoses, genetic tests, medications, procedures and surgical approaches. Our understanding of human anatomy and physiology is also constantly changing,” Ching said. “Reading journals and research is helpful to change your views of diagnosis and management.”

Ching has been a physician with OSU Medicine and

a clinical professor at OSU-COM for more than eight years. She has also been involved with AAO since she was a medical student and served on several of the journal’s committees and the Board of Governors, as well as reviewing and judging research posters.

The AAO is the major association in America for osteopathic manipulative medicine, so Ching said she’s proud to be associated with the journal, as well as surprised and honored to be asked to serve as editor in chief.

In this new role, she will oversee the vision and scope of the journal. Working with AAO staff, she will review all submitted articles and send them to peer reviewers before deciding what to include in each issue, as well as encourage new journal submissions.

“I want to incorporate more pieces to reflect the experiences of physicians, residents and students who are interested in practicing OMM. I’d like to include historical perspectives to encourage asking big questions about osteopathy and medicine in general. What is the role of osteopathic medicine in the 21st century,” she said.

Much of osteopathic manipulative medicine is centered around the interaction between the physician and patient, Ching said, and therefore is truly patient-centered and individualized.

“Research is important but trying to practice the holistic approach to caring for patients is equally important,” she said. “I feel the heart of medicine and healing is still the interpersonal relationship between the physician and patient. If you don’t have that, then you may get physical healing, but not healing of the mind and spirit.”

This approach to medicine is something she has found at OSU, and she enjoys teaching the osteopathic philosophy to medical students and residents.

“I’ve done my medical training all across the U.S., and I think Oklahoma State University is one of the best osteopathic training sites in the country and is only getting better,” she said, and by serving as editor in chief of the AAO Journal, she hopes to bring more awareness to OSU-COM and its mission. “I’m really proud of working at OSU because of its demonstrated commitment to

osteopathic medicine, rural medicine and tribal medicine.”

Ching grew up in rural Hawaii and said there are a lot of similarities between rural Oklahoma and where she grew up—so much so that she feels at home in Tulsa and with OSU Medicine.

“I’m lucky to have a second family with OSU. It’s such a unique experience in OMM to be able to work closely with students throughout their four years of medical school, interact with them in residency and then when they are in practice,” she said. “It’s extremely fulfilling as an educator to watch medical students develop and become pillars of the medical community.”

Ching attended Virginia College of Osteopathic Medicine and completed her family medicine residency at Doctors Hospital Family Practice in Columbus, Ohio before coming to Tulsa for NMM/OMM following at OSU Medicine.

She is board certified in Neuromusculoskeletal Medicine/OMM and Family Medicine and OMM.



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YOU MAY ALSO CALL THE OOA OFFICE AT 405-528-4848 AND GIVE PAYMENT OVER THE PHONE



JOIN THE OKLAHOMA OSTEOPATHIC STUDY GROUP

Come learn with **St. Anthony's Family Medicine Residency** study group! Enjoy sharing research and participating in workshops demonstrating new developments with fellow medical professionals. Open to all osteopathic physicians, residents, students, massage therapists, physical therapists and occupational therapists. The goal of this group is to look for health in our patients and help it express itself!

Meetings are held at the St. Anthony's Family Medicine Residency in the conference room or in the Oklahoma Osteopathic Association office.

UPCOMING MEETINGS

Quarterly in-person meeting: October 08, 2023 from 2-5 pm

Local in-person meeting:

November 12, 2023 from 2-5 pm

December 10, 2023 from 2-5 pm

January 14, 2024 from 2-5 pm

February 11, 2024 from 2-5 pm

Please contact Sabrina L. Schrader, DO at Sabrina.L.Schrader@ssmhealth.com with any questions.

OSU-CHS recognized as Certified Healthy Campus, Business for seventh straight year



Makenna Hittner (left) and other students take a yoga class in the fitness center at OSU Center for Health Sciences in Tulsa.
By Sara Plummer

Whether it's attending a group fitness class, taking a walk around campus, spending some time unwinding in the Reboot Center or talking about an issue with a licensed counselor, OSU Center for Health Sciences offers many opportunities for students, faculty and staff to take care of their physical and mental health and wellbeing. It's why since 2017, OSU-CHS has been recognized as a Certified Healthy Campus and OSU Medicine clinics as a Certified Healthy Business. And since 2020, when the OSU College of Osteopathic Medicine at the Cherokee Nation opened, it has also been recognized as a Certified Healthy Campus. OSU-CHS Health and Wellness Manager Jesse Chaffin said the repeated recognition wouldn't be possible without the hard work and dedication of the Department of Wellness team. "Last year alone our coordinators hosted more than 60 different educational workshops dedicated to enhancing the health and wellbeing of our students, staff, faculty and residents," Chaffin said. Focusing on health and wellness is beneficial to not only the OSU-CHS community, but to the institution as well because it improves student success, productivity, campus and workplace culture, retention, morale and efficiency. "The culture of higher education is filled with high achievers who spend countless hours in the lab doing research, studying in carrels, working on projects behind a desk or serving patients in our clinics. Self-care becomes an afterthought," he said. "Our job as a Department of Wellness is to increase opportunities for healthy behaviors by allowing our students and employees access to health education, recreational sports, fitness challenges

and programs and services that support mental health." Over the years, Department of Wellness staff have developed programs to best meet the needs of students and employees — including how to identify those needs. Chaffin said a pivotal change was the integration of data-driven programming. Each year the department conducts student, faculty and staff surveys and research to identify common health behaviors, habits and perceptions that serve as a compass to programming efforts. That data led to the implementation of Headstrong Mental Toughness Training for students and the Mind Over Matter program for employees, both focused on resiliency training. The Wellness Innovators program was developed so staff and faculty volunteers could be trained on how to influence positive health and wellness change within their own departments. "Encouraging healthy lifestyles while at work where we spend most of our time benefits OSU's employees, students and communities," Chaffin said. "Innovators provide tools, resources and peer support necessary to facilitate healthy lifestyle choices among their colleagues." Chaffin said the OSU-CHS community is fortunate to learn and work at an institution that values health and wellness and offers so many opportunities to elevate health. "My advice would be to find out your 'why.' Answer the question 'Why should I live a healthier life?' Is it so you can have more energy throughout the day? Is it so you can get on the floor and play with your grandkids? Maybe it's so you can navigate stress a little better than yesterday," he said. "Whatever your reason, harness it and allow it to motivate your choices throughout the day."



Advertising Opportunities

Oklahoma Osteopathic Association

Digital

Homepage Ad

Display your company's logo or targeted message on the OOA's homepage, which has an average of 660 unique page views each month.

Social Media Post

Reach the OOA's 1,400+ Facebook fans, 1,800 Twitter followers and 300 Instagram followers with your company's message. Your content is subject to approval by the OOA and is limited to once per quarter per company.

OOA Report Blurb

The OOA Report is a weekly email statement sent to nearly 2,100 physicians, residents and medical students mainly in Oklahoma but also including a handful of out-of-state members representing 17 states around the country. Average open rate is 30%. Highest open rates occur in January, April and October.

CME App Tab

Reach attendees at any of our two continuing medical education seminars with a sponsored tab in our app. Each CME has its own app which attendees use to access the schedule, speaker information and lecture slides. The tab includes an image of your choice plus a description of your company or product, as well as links to your website and social media. For more information on our CMEs, please look at the descriptions in the Exhibiting section.

Publications

Oklahoma D.O. Journal

Electronic journal is distributed through the weekly OOA Report e-newsletter to nearly 2,100 physicians, residents and medical students and shared via the OOA's social media. Journals will also be posted to the OOA website for members to view. Print journals available upon request.

OOA Annual Directory

This yearly directory is dispersed to over 1,200 OOA members and used by many on a regular basis to connect with their colleagues. Print directories will be available upon request. Directories will also be posted to the OOA website for members to view.

Convention Program

Reach nearly 400 physicians with an ad in our annual convention program. Each in-person registrant receives one in their packet and it contains all of the vital information for the conference including the lecture schedule and social events. This program will also be posted to the OOA website for members to view.

Exhibiting

Winter CME

This CME attracts around 200 physicians and other health care professionals who are interested in discovering how your products and services will advance and improve their work. Each exhibitor will have individual booths near the food and beverage area where guests congregate.

Annual Convention

Held in May at the Sheraton Hotel in downtown Oklahoma City, this convention draws between 200-300 physicians across the United States both in-person and virtually. Choose from various booth options which will be set up in the dining and beverage area of the convention providing opportunities to connect with attendees. Convention includes four hours of exclusive, non-competing exhibit hours. Complimentary pre- and post-show attendee mailing list.

For more information contact Catherine Bruce at catherine@okosteo.org



Dr. Teresa Hardesty, Clinical Assistant Professor at OSU-COM and practitioner at OSU Internal Medicine Clinic, has been selected by *The Journal Record's* 50 outstanding "Making a difference" honorees. Congratulations Dr. Hardesty!



First year students at the Oklahoma State University College of Osteopathic Medicine recieved a brand new stethoscope, gifted by the OOA, OEFOM, NWOOF, and gracious out of pocket donations by members of these organizations.

OOA CALENDAR OF EVENTS

- | | |
|--|--|
| <p>October 3, 2023
Champions of Health Gala</p> <p>October 6-8, 2023
OMED in Orlando, Florida</p> <p>October 17, 2023
Bureau on CME via Zoom</p> <p>October 24, 2023
South Central District Meeting</p> <p>October 31, 2023
Bureau on Membership via Zoom</p> <p>November 1, 2023
Bureau on Legislative Dinner
Bureau on Legislative Meeting</p> <p>November 2, 2023
Bureau on Convention
Bureau on Finance
OSU-COM Advisory Council
Bureau on Continuing Medical-Education
OOPAC Committee
OOA Board of Trustees Meeting</p> | <p>November 13, 2023
Northeast District Meeting</p> <p>November 15, 2023
Southwestern District Meeting</p> <p>November 28, 2023
Northwest District Meeting</p> <p>December 5, 2023
Bureau on Membership via Zoom</p> <p>December 6, 2023
OOA Board of Trustees & Past-Presidents (& Spouse) Christmas Party
Location: TBD</p> <p>December 7, 2023
Bureau on Convention
Bureau on Finance
Bureau on Constitution & Bylaws
Bureau on Continuing Medical-Education
Bureau on Strategic Planning
OEFOM Board of Trustees
OOA Board of Trustees Meeting</p> |
|--|--|



What is FOOA?

The Friends of the Oklahoma Osteopathic Association is a membership association for the spouses, relatives, and loved ones of OOA Physician, Resident, and Medical Student members. The Mission of FOOA is to promote awareness of and support the Osteopathic Profession within Oklahoma through collaboration, education, and community.

Newly formed in 2021, FOOA strives to offer a home for the loved ones of OOA members. FOOA members coordinate community events, participate in OOA activities, and share resources and support within the organization. Use the QR code to learn more about FOOA and explore what this organization has to offer.



BECOME A MEMBER TODAY!

FOOA regular member dues are \$50 annually (November 1 – October 31). Membership for the spouses of medical students and residents is FREE. To join, simply return this form with the enclosed OOA dues renewal (you may write one check for both OOA & FOOA dues if you'd prefer).

FOOA Member Name: _____ Mobile Phone: _____ Home Phone: _____ Email: _____ <input type="checkbox"/> OOA Member Spouse, Parent or Other Loved One <input type="checkbox"/> Resident Spouse <input type="checkbox"/> Medical Student Spouse	<p>Amount Enclosed</p> (\$50 for each FOOA membership; Spouses of Medical Students & Residents is FREE) <p>\$</p>
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Scholarship Opportunities
with the Oklahoma
Osteopathic Association:

15TH ANNUAL RESEARCH POSTER SYMPOSIUM

Showcase your research during the Oklahoma Osteopathic Association's 2024 Winter CME Seminar for the chance to win scholarships sponsored by the Oklahoma Osteopathic Association and the Oklahoma Educational Foundation for Osteopathic Medicine.

Deadlines

Scholarship Awards	12/01/2023	Abstracts & Posters
TBD	12/29/2023	Judges Results
	01/15/2024	Finalists' Presentations
	01/27/2024	Award Presentations

Visit okosteo.org for more information

Oklahoma Osteopathic Association's

15TH ANNUAL RESEARCH POSTER SYMPOSIUM

Medical students and residents are invited to showcase their research during the Oklahoma Osteopathic Association's 2024 Winter CME Seminar! All entrants must be a current medical student or physician currently in a postgraduate training program. Osteopathic and Allopathic medical students and residents are both invited to participate. Ongoing research for your residency or medical school can be submitted. Literature research submissions are also eligible for this symposium. The judging panel will select first, second and third place winners, and the top three finalists will present their research on Saturday, January 27, 2024. All students and residents in postgraduate training programs receive free registration to the 2024 Winter CME and are encouraged to attend.

MISSION

The mission of the Oklahoma Osteopathic Association's Research Poster Symposium is to showcase current osteopathic research and stimulate interest in future research projects. This will be accomplished through the exchange of ideas and information between participants of the symposium and attendees of the OOA Winter CME Seminar.

AWARDS

- First, second, and third place winners will receive a cash prize that is to be determined. **In order to receive award money, winners must present their research at the Winter CME Seminar.*
- All participants—whether students, interns, residents or fellows—will be eligible to win.
- All participants will receive a participation gift if they wish. The three winners will receive award money and a certificate of special recognition.
- All participants are encouraged to attend the presentation of awards Saturday, January 27, 2024 as part of the OOA's 2024 Winter CME Seminar.
- Research of the three winners will be published in a future edition of the Oklahoma D.O.



OKLAHOMA OSTEOPATHIC ASSOCIATION
ADVOCACY AND WELL BEING



ABSTRACTS

Please read all guidelines before you submit your abstract. Abstracts must be sent to catherine@okosteo.org by 5 p.m. on Friday, December 1, 2023.

REQUIREMENTS

- Only one abstract will be allowed per individual. Multiple submissions from the same person will be automatically rejected.
- Length is not to exceed 250 words. The 250-word limit applies only to the body of the abstract. The limit does not include the list of authors and their respective institutions, nor does it include the title.
- Format:
 - Abstract should be double spaced and sent (in Microsoft Word.doc format) via email to catherine@okosteo.org. Your email should include the following information:
 - Name
 - Research Title
 - Cell phone number
 - Email address
 - Mailing Address
 - Year of osteopathic or allopathic medicine school and school name or year of postgraduate training, specialty and postgraduate institution.
 - The title needs to be centered and bold-faced.
 - Immediately under the title, list your name and year (OMS I, OMS II, PGY I, PGY II, etc.).
 - List authors and their respective institution(s). The student or physician who will present the poster must be listed as the first author. The principal investigator must be listed as the last author. Only the entrant is required to be a student or physician in training.
 - The body must include purpose of research and brief overview on method, result and conclusion.
 - No diagrams or tables should be included in the abstract.
 - Do not include references.
 - Your abstract can be about previously reported or current results. If your abstract has been previously accepted and/or presented at other conferences and/or published, please provide the following relevant information (this information will not be considered as part of the 250-word limit):
 - Conference name
 - Conference location
 - Date
 - Format or journal name
 - Journal volume
 - Journal edition
 - Journal date
 - Page numbers

Abstracts that do not meet the requirements stated above will need to be reformatted before acceptance. Individuals whose abstracts are accepted will be notified via email.

CRITERIA FOR EVALUATING ABSTRACTS

The judging panel will be evaluating the abstracts submitted based on the following criteria:

- Statement of the hypothesis.
- Clear organization of the project.
- Effective use of the scientific method is evident.
- All significant variables have been identified. Efforts to eliminate bias between control and experimental groups are clear.
- The conclusion is consistent with the data and/or observations.
- Potential pitfalls of methodology or interpretation have been addressed.
- The potential significance of the experiments is placed in the proper perspective.
- Abstract is in required form and organized, well written, concise, and readable.
- The project demonstrates a novel approach and/or idea.

POSTERS

Research posters must be received in digital format by 5 p.m. on Friday, December 1, 2023. Please send digital posters to catherine@okosteo.org.

REQUIREMENTS

- Submit digital posters in the form of a PowerPoint slide (no animations), high resolution JPEG or PDF via email by the submission deadline.
- By submitting a poster to the OOA Research Poster Symposium, you certify that the poster is your original work or—if original work conducted by you and another author, or any co-authors are appropriately credited for their contribution and have been informed of the submission. Infringements will result in disqualification from the symposium.
- Any research involving human research subjects must attach a copy of IRB approval with your abstract.
- Posters should be free of commercial bias, product endorsement or marketing.

CRITERIA FOR EVALUATION

- Research posters will be judged to include the following key components:
 - Clear statement of a research question
 - Abstract
 - Evidence to support research
 - Explanation of methodology
 - Graphic materials to illustrate results, such as a table or graph
 - Significance of findings
 - Cited references

PRESENTATIONS

The judging panel will judge each poster individually using the following objectives:

Quality of Argument

- Is there a clear statement of research question or relationship being investigated?
- Does the poster require additional explanation? Does it stand alone?
- Is there a logical and thorough explanation of the research question?
- Are all components of the research given appropriate levels of attention?
- Is there adequate consultation of sources cited correctly?
- Are the research objectives outlined precisely?
- Was an appropriate research methodology selected and explained effectively?
- Is the significance of findings stated clearly?

Quality of Evidence

- Is there a clear statement of research question or relationship being investigated?
- Does the poster require additional explanation? Does it stand alone?
- Is there a logical and thorough explanation of the research question?
- Are all components of the research given appropriate levels of attention?
- Is there adequate consultation of sources cited correctly?
- Are the research objectives outlined precisely?
- Was an appropriate research methodology selected and explained effectively?
- Is the significance of findings stated clearly?

Quality of Evidence

- Is the argument well supported by extensive primary research, evidence and examples?
- Are accurate evidence and examples provided?

Use of Graphics

- Are figures, tables, illustrations, maps and other illustrative material used effectively?
- Are the illustrations correctly cited and presented well?
- Does the visual material integrate well into the evidence of the argument?
- Is the material presented well organized?

Relevance

- Is the research presented relevant to osteopathic physicians today?

Finalists will be notified by January 2, 2024. In order to receive award money, winners must present their research at the 2024 Winter CME Seminar. The first, second and third place winners will present their research for 15 minutes each on Saturday, January 27, 2024 at 2:15 p.m. Presentations should be free of commercial bias, product endorsement or marketing. Any supporting materials for presentations, such as PowerPoints, must be submitted to catherine@okosteo.org by 5 p.m. on Friday, January 5, 2024

IMPORTANT DATES

- Friday, December 1, 2023.....Abstracts & posters due to catherine@okosteo.org
- Monday, January 15, 2024.....Finalists' presentations due by email to catherine@okosteo.org
- Saturday, January 27, 2024.....Finalists' presentations from 2:15 p.m. - 3:15 p.m.
- Saturday, January 27, 2024.....Presentation of awards, time to be determined

QUESTIONS

Anyone with questions regarding the OOA's 15th Annual Research Poster Symposium can contact Catherine at catherine@okosteo.org



OKLAHOMA OSTEOPATHIC ASSOCIATION
ADVOCACY AND WELL BEING

The Oklahoma Educational Foundation for Osteopathic Medicine was founded in 1967 with the mission of providing support to past, present, and future osteopathic physicians through scholarships and other financial aid. In 1985, the OEFOM Board of Trustees decided to build a safe haven for the osteopathic community located at 4848 N Lincoln Blvd, naming it the Oklahoma Osteopathic Educational Center. Thirty-seven years later, the mission and vision remain the pillars of the OEFOM. However, time has moved on, and the funds have dwindled due to COVID-19 hardship scholarships, building maintenance, multiple student scholarships, stethoscope donations, and other day-to-day necessities.

I am writing to you today to ask for your consideration of a tax-deductible contribution of \$100, \$250, \$500, or \$1,000 or more to the general fund and/or the building maintenance fund. Your contribution, of any amount, to any of the following funds would be greatly appreciated.

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| <input type="checkbox"/> Stethoscope Sponsorship | <input type="checkbox"/> Please use my contribution where it's needed most |

Tax-deductible gifts can be easily made to OEFOM in the following ways:

- Make a secure donation online at www.okosteo.org » Foundation [tab at top right of page] » Donate to Foundation
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- Mail this form with your check or credit card information to 4848 N. Lincoln Blvd., Oklahoma City, OK 73105, in the self-addressed envelope provided

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Thank you in advance for your continuing financial support that will allow the OEFOM to support osteopathic medical students and to maintain the headquarters for both OEFOM and the OOA.

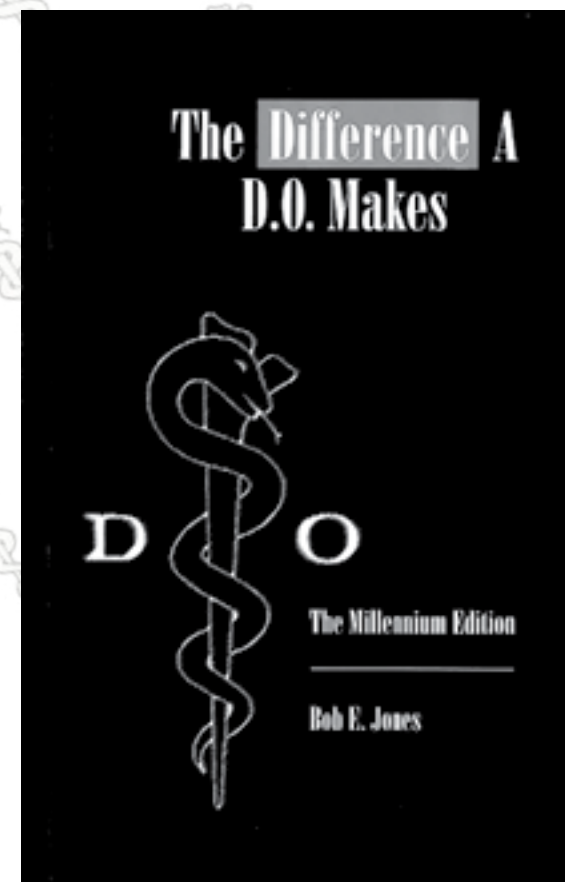
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In Memorium



Thomas Earl Franklin was born July 16, 1953 in Loxley, Alabama (Baldwin County). He began his life in a manner common to many in rural communities: he fished every weekend (Gulf of Mexico) with his father and favorite older brother, Artie and lived a life of relative simplicity, where elementary and high school friendships were solid. His parents, Rufus and Mary Franklin, instilled in their children a strong desire to succeed in all of their undertakings. They preached to each of their twelve children, "Dream big and work hard. You can do anything you set your mind to." Thomas' parents, now deceased, remained incredible influences throughout his life. Love, compassion, respect, and unconditional positive regard for others were ubiquitous in his home and surrounding communities. Thomas is a graduate of Robertsdale High School in Robertsdale, AL, but his formative years were spent at Loxley Elementary and Baldwin County Training School. The last time Robertsdale High went to the state high school football championship, Thomas was on the team as an Exceptional Wide Receiver. Within days of graduating from high school, Thomas enlisted in the U.S. Air Force. After completing basic training, he was stationed at Badger Air Force Base (Bangor, Maine) and it

was there he started college (night school). Thomas was later transferred to Torrejon Air Base in Spain, where he served as a cryptographic and telecommunications specialist, while playing football (Stand-Out Wide Receiver) for the U.S. Air Force. After his stint in Spain, Thomas was transferred to Tinker AFB in Oklahoma where he served the Air Force in telecommunications until his initial discharge. After briefly leaving active duty, Thomas remained in the Air Reserve while attending college and working as a medical records clerk at the VA. He was later employed as an ophthalmology and ENT technician. Thomas received his first commission shortly thereafter as a Chief Naval Warrant officer. While working full time, Thomas relentlessly pursued his education, and those educational efforts paid off just as his parents envisioned. Thomas received a Bachelor of Science degree from Rose State College, OKC, with the intention of teaching high school science and coaching football. However, encouraged by a colleague to continue his education in the field of medicine, he graduated from the University of Oklahoma Physician Assistant Program in 1982. He then went on to obtain a Master of Education and a Master of Occupational Medicine while working as an Orthopedic Physician Assistant. Thomas completed Aerospace Medicine at the US Air Force School of Aerospace Medicine, San Antonio, TX in 1999. He served as Flight Surgeon for the 465th Air Refueling Squadron before being selected to command the 507th Medical Squadron. Thomas received numerous medals and awards as an enlisted

In Memorium

Air Force Officer and as a Civilian physician. Thomas retired from his Air Force career in 2014 as a full bird Colonel at Joint Andrews Air Force Base in Maryland. While serving as a member of the USAF, Thomas also managed to be a full-time physician at W.W. Hastings Hospital, beginning his career in 2000 as an Emergency Room Physician. He then served as the Director of Emergency Services from 2008 until 2014. Thomas retired from W.W. Hastings Hospital in 2019. He continued his work part time in the Emergency Room at W.W. Hastings Hospital, as well as serving as Clinical Professor at OSU College of Osteopathic Medicine in Tahlequah and as Medical Director at NSU Physician Assistant Program until March 2023. Continuing his legacy of medical academia, Thomas donated his body to science. Thomas passed away on May 2, 2023, with his family by his side. Those he leaves to cherish his memory are: wife, Lori Franklin; children, Thomas Franklin, Jr. of Tulsa, Minisha Franklin of Oklahoma City, Marty Franklin of Moore, Christopher Franklin of Pueblo, CO, Michol (Amy) Jordan of Coweta, Allison Jordan of Tulsa, and Justin (Brittany) Jordan of Tulsa; grandchildren, Xander and Jayda Jordan, Koye, Kwan, Khai and Minisha Brown, Keanu and Keauyona Franklin, Kiara and Kaden Franklin; siblings, Jeremiah Tolbert Franklin (Miami, FL), Mary O. Muggins (Loxley, AL), Rufus L. Franklin (Philadelphia, PA), Annie Odell Franklin (Loxley, AL), Artie (Diane) Franklin (Daphne, AL), Frankie L. Franklin (Miami, FL), Mable Lea (Otisi) Franklin (Washington, DC); devoted niece, Khadija Franklin (New York, NY), and a host of other nieces, nephews and relatives. He was preceded in

death by his parents, Mary and Rufus Franklin; siblings, Moses Franklin, Emma Franklin Martin, Willie Franklin, McKinley Franklin, and Darcus Franklin. Thomas' philosophy in life: "I've learned that people will forget what you have said, people will forget what you did, but people will never forget how you made them feel." – Maya Angelou



In Memorium



Keith Capen Allen passed away peacefully on June 25, 2023, at Inverness Village in Tulsa, OK, her residence for twenty years. Keith was born October 19, 1938, in Swatow China, eldest daughter of Rev Carl and Lousie Capen (Neland), American

Baptist missionaries. As a young girl she lived in China during both the Japanese and later Communist air raids. The family returned to the states periodically for home leave and eventually had to evacuate China during WWII. Her international living experiences continued with her 9th grade year in Bangkok, Thailand and in 1953 she enrolled in Kodaikanal boarding school in India. After high school graduation, she came to Ottawa University in Ottawa, Kansas, where she majored in Biology; later she earned her master's degree in library science at the University of Oregon. Keith and husband, Loren Cox, joined the Peace Corps, living for three years in Nigeria and then Seoul, Korea, where daughter Hilary was born. When the family returned to the U.S. living in Bethesda, MD, she worked in Washington D.C. with the National Geographic Society as a research librarian; she also worked at Presbyterian Home of Washington D.C., where she led strategic fundraising efforts. In 1988, she married Tom Allen, D.O., her college sweetheart; they relocated to Tulsa, OK where Dr. Allen was Dean of the OSU College of Osteopathic Medicine. Her gift of hospitality was evident when the Allens entertained

the osteopathic students and professors. Keith was a life long learner and a voracious reader, reading 3-4 books a week. For over 40 years, she belonged to various iterations of the same book club in D.C, Maine and Tulsa (thanks to technology--Zoom!); she volunteered at the League of Women Voters and various libraries. She loved listening to NPR, doing extensive genealogical research and was proud that she was a member of the Mayflower Society. One of her most treasured places in the world was Boothbay Harbor, Maine, where she spent time in the summer for over 50 years. Music was an important part of her life. Her beautiful soprano voice joined voices in the Oratorio Society of D.C., when they performed at the Kennedy Center. She was a member of St. Columba's Episcopal Church in Washington D.C. and its choir; while in Tulsa, Keith was a member of Trinity Episcopal Church, and the Benevolent Care Committee at Inverness Village. Keith was preceded in death by her parents; two sisters, Connie Capen and Graal Porelle. She is survived by her husband, Dr. Tom Allen; daughter, Hilary Cox and daughter-in-law, Michelle Kennedy of Newton, MA; brother, Craig Capen (Roberta) of Monrovia, MD; stepson, Rod Allen (Rebecca) of Santa Rosa Beach, FL; stepdaughter, Andrea Siepman (Jim) of LaGrange, IL; seven grandchildren; many nieces and nephews; and a myriad of dear and close friends sprinkled around the world. Many thanks to the staff at Heather Hall and InCare at Inverness for their loving care over the last few months. Her long struggle with Pompe, a rare genetic disorder, is over and she is once again dancing and singing in the streets.



In Memorium



Dr. James Ray Turrentine D.O. ("Doc"), passed away peacefully on August 15, 2023, at the age of 83. He was born on May 28, 1940, in Keota, Oklahoma to the late Charlie and Nellie (Smith) Turrentine. He grew up in Stigler, Oklahoma. James graduated from Stigler High

School in 1959. He then went to work in the oilfields of Nebraska as a rough-neck to pay for his and Regina's college educations. He graduated from The University of Oklahoma with a Pharmacy degree in 1963 with honors. From early 1963 to August 1964 he worked as a pharmacist at Tubb Drug in Midwest City, Oklahoma, while waiting on his wife to graduate from O.U. He graduated from Kansas City College of Osteopathy and Surgery in 1968. His internship was at Hillcrest Medical Center in Tulsa, Oklahoma and a preceptorship in Wellington, Kansas (1969-1973). In 1973, Doc was recruited by the citizens of Sulphur, Oklahoma where he practiced medicine until moving to Ardmore, Oklahoma in 1976. He joined Dr. Robert Patzkowsky at the Doctors Clinic, where he practiced family medicine for over 50 years. As a general surgeon he was the first to do innovative laparoscopic surgery in Southern Oklahoma. He was affiliated with Arbuckle Memorial Hospital, Ardmore Adventist Hospital, Healdton Hospital, Madill Hospital, Marietta Hospital, Memorial Hospital of Southern Oklahoma and Mercy Hospital Ardmore where he was known for his compassion, professionalism, and expertise. He was board certified in fam-

ily practice by the American Osteopathic Association Board of Family Medicine and received the "Outstanding and Distinguished Service Award" by the Oklahoma Osteopathic Association in 2010. He loved being a doctor and loved his patients. He believed in taking care of the community in every way. His profession was his life. Dr. Turrentine was a devoted husband, father, grandfather, great-grandfather and friend. He married his high school sweetheart, Regina Jiles Turrentine, in 1960 and they had two children: James Ray Turrentine, II and Brian Turrentine. He was a generous supporter of various charitable organizations throughout Oklahoma, and his wife carries that torch, along with Jamie and Brian. Dr. Turrentine is survived by his wife of 63 years, Regina of the home; his children, Jamie and wife LeAnn of Parker, Texas, Brian of Dallas Texas; his grandchildren, Trey Turrentine, Libbie Turrentine, Victoria Turrentine, William Turrentine and wife Emma, and Callie Turrentine, all of Dallas, Texas; his great grandchildren Sophie, Grant and Halston, brother-in-law Ronnie Jiles and wife Charlotte of Midwest City, Oklahoma, a nephew Johnny Jiles and wife Alicia of Oklahoma City, Oklahoma, Matt Lollman of Ardmore, Oklahoma who was his companion for the past two years, along with many nephews, nieces, cousins, and countless friends. He was preceded in death by his parents; two brothers, Kenneth and Bob, and sister Charlene Turrentine Duke. Dr. Turrentine will be dearly missed by all who knew him and benefited from his care. He was a true healer who touched many lives with his kindness and abundant wisdom. He left a lasting legacy of excellence and service in the field of medicine in Ardmore and surrounding communities.



GET INVOLVED WITH THE OOA BY JOINING A BUREAU!

The Oklahoma Osteopathic Association has many ways for members to get involved and help guide the future of the association. One of the best ways you can make a difference is by participating in one of our bureaus.

If you are interested in joining one or more of these bureaus, check the boxes that apply and mail this form back to us.

Name: _____ Cell Phone: _____

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- Bureau on Legislation: This bureau keeps members updated on the latest legislative news that will impact your practice and patients. The participants also help guide the OOA's stance on legislative issues.
- Bureau on Membership: This bureau is open to any active member of the OOA and focuses on expanding our membership and bringing new benefits to members.
- Bureau on Postgraduate Education: This bureau primarily focuses on organizing the annual Research Poster Symposium. The symposium provides students and residents with an opportunity to showcase their research and win prize money.
- Bureau on Continuing Medical Education: This bureau focuses on the Winter and Summer CME Seminars to help determine the program and overall purpose of each seminar.

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With everything vying for your attention, we know how hard it is to keep up with the latest osteopathic news. Follow these simple steps to make sure you don't miss a thing!

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4 Check your inbox Tuesday mornings for the latest edition of the OOA Report.



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November

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